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Coaching
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NCCCP
**MAKING
HEAD WAY**
in sport



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Sport (Generic)

Snowboard



Soccer



Football



Freestyle Ski



Speed Skating



Special Olympics



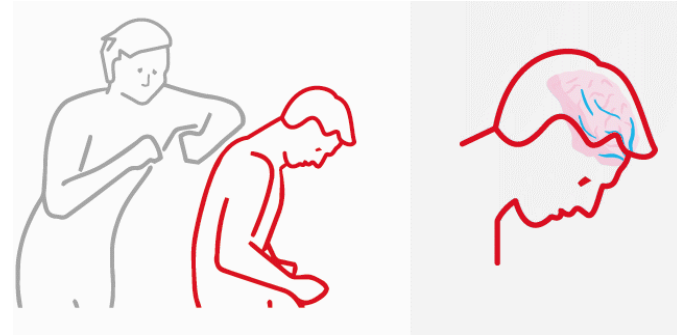
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Completions
2013-2023



Learning Outcomes

- Implement preventative measures to minimize the risk of concussion
- Recognize signs and symptoms of concussion
- Know how to respond and support when you suspect an athlete has a concussion
- Support recovery through appropriate return to sport strategies

The moments after a collision can be critical.



The Action

Sudden impact to the head causes the head to snap forward, back or to the side.

Possible causes: impact to the head by another player or sports equipment (ball, stick, protective equipment, etc.)

The Result

When the head snaps, the momentum causes movement of the brain within the skull, leading to an alteration of brain function, causing concussion signs and symptoms.

CRT6™

Concussion Recognition Tool To Help Identify Concussion in Children, Adolescents and Adults

What is the Concussion Recognition Tool?

A concussion is a brain injury. The Concussion Recognition Tool 6 (CRT6) is to be used by non-medically trained individuals for the identification and immediate management of suspected concussion. It is not designed to diagnose concussion.

Recognise and Remove

Red Flags: CALL AN AMBULANCE

If ANY of the following signs are observed or complaints are reported after an impact to the head or body the athlete should be immediately removed from play/game/activity and transported for urgent medical care by a healthcare professional (HCP):

- Neck pain or tenderness
- Seizure, 'fits', or convulsion
- Loss of vision or double vision
- Loss of consciousness
- Increased confusion or deteriorating conscious state (becoming less responsive, drowsy)
- Weakness or numbness/tingling in more than one arm or leg
- Repeated Vomiting
- Severe or increasing headache
- Increasingly restless, agitated or combative
- Visible deformity of the skull

Remember

- In all cases, the basic principles of first aid should be followed: assess a danger at the scene, check airway, breathing, circulation; look for reduced awareness of surroundings or slowness or difficulty answering questions.
- Do not attempt to move the athlete (other than required for airway support) unless trained to do so.
- Do not remove helmet (if present) or other equipment.
- Assume a possible spinal cord injury in all cases of head injury.
- Athletes with known physical or developmental disabilities should have a lower threshold for removal from play.

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Developed by: The Concussion in Sport Group (CISG)



Echemendia RJ, et al. Br J Sports Med June 2023; Vol 57 No 11

Concussion Recognition Tool 6 - CRT6™

CRT6 Concussion Recognition Tool

To Help Identify Concussion in Children, Adolescents and Adults

1: Visible Clues of Suspected Concussion

Visible clues that suggest concussion include:

- Loss of consciousness or responsiveness
- Lying motionless on the playing surface
- Falling unprotected to the playing surface
- Disorientation or confusion, staring or limited responsiveness, or an inability to respond appropriately to questions
- Dazed, blank, or vacant look
- Seizure, fits, or convulsions
- Slow to get up after a direct or indirect hit to the head
- Unsteady on feet / balance problems or falling over / poor coordination / wobbly
- Facial injury

2: Symptoms of Suspected Concussion

Physical Symptoms

Headache
"Pressure in head"
Balance problems
Nausea or vomiting
Drowsiness
Blurred vision
More sensitive to light
More sensitive to noise
Fatigue or low energy
"Don't feel right"
Neck Pain

Changes in Emotions

More emotional
More irritable
Sadness
Nervous or anxious

Changes in Thinking

Difficulty concentrating
Difficulty remembering
Feeling slowed down
Feeling like "in a fog"

Remember, symptoms may develop over minutes or hours following a head injury.

3: Awareness

(Modify each question appropriately for each sport and age of athlete)
Failure to answer any of these questions correctly may suggest a concussion:

- "Where are we today?"
- "What event were you doing?"
- "Who scored last in this game?"
- "What team did you play last week/game?"
- "Did your team win the last game?"

Any athlete with a suspected concussion should be - IMMEDIATELY REMOVED FROM PRACTICE OR PLAY and should NOT RETURN TO ANY ACTIVITY WITH RISK OF HEAD CONTACT, FALL OR COLLISION, including SPORT ACTIVITY until ASSESSED MEDICALLY, even if the symptoms resolve.

Athletes with suspected concussion should NOT:

- Be left alone initially (at least for the first 3 hours). Worsening of symptoms should lead to immediate medical attention.
- Be sent home by themselves. They need to be with a responsible adult.
- Drink alcohol, use recreational drugs or drugs not prescribed by their HCP
- Drive a motor vehicle until cleared to do so by a healthcare professional

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Prevention strategies

- Policy, rules and respect
- Environment
- Equipment
- Training strategies
- Concussion Management

Neuromuscular training exercises!

**Stationary
bear crawl:
Bobbleheads**

Category: Neck control & endurance

Level: 2



Coming – MAY 2024 !!



The graphic features a dark blue background with a large red circle on the left containing the text 'NCCP MAKING HEAD WAY in sport' and a brain icon. To the right, the text 'Get concussion smart today' is enclosed in a yellow bracket, with 'Free eLearning > Learn More' below it. Logos for the National Coaching Certification Program and the Coaching Association of Canada are also present.

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