

Removal from Sport Protocol

Ensuring immediate and safe removal of players with a suspected concussion from activity.

Step 1: Remove from Sport

1. A player suspected of a concussion must stop play immediately. Whether this happens during a Peterborough Ultimate League event; a game, scrimmage or practice the player* must be immediately removed from participation.
 - a. **Who is responsible for removal-from-sport?** If a suspected concussion occurs, it is the responsibility of all team members to remove the player from participation in the sporting activity immediately. **Team captains hold the final decision to remove players with a suspected concussion.** If there is doubt whether a concussion has occurred, it is to be assumed that it has. **If in doubt, sit them out.**
 - b. **Monitoring the player:** No player with a suspected concussion should be left alone or drive a motor vehicle.

Red Flag Symptoms: If there are any red flag symptoms or a neck injury is suspected, call 911 immediately. The player should not be moved and should only be removed by emergency healthcare professionals with appropriate spinal care training. More severe forms of brain injury may be mistaken for concussion. If any of the red flag symptoms are observed or reported within 48 hours of an injury, then the player should be transported for urgent medical assessment at the nearest emergency department.

Red Flag Symptoms	
Headaches that worsen	Can't recognize people or places
Seizures or convulsion	Increasing confusion or irritability
Repeated vomiting	Weakness/tingling/burning in arms or legs
Loss of consciousness	Persistent or increasing neck pain
Looks very drowsy/can't be awakened	Unusual behaviour change
Slurred speech	Focal Neurologic signs (paralysis/weakness etc.)

Step 2: Referring for Medical Assessment

2. Captain's must recommend to the player (or parent/guardian if applicable) that they seek medical assessment as soon as possible. Medical assessment must be done by a **Medical Doctor or Nurse Practitioner**. Players with suspected concussions may not return to any league activity until they've received medical assessment and submitted necessary documentation.

Step 3: Initial Medical Assessment

3. **Assessment and diagnosis by a Medical Doctor (MD) or Nurse Practitioner (NP)**
 - a. **Seeking medical assessment:** If a player has been deemed to have had a suspected concussion, it is the parent/guardian's responsibility to take the player to see a medical doctor or nurse practitioner as soon as possible.
 - b. **Required type of initial medical assessment:** In order to provide comprehensive evaluation of players with a suspected concussion, the

medical assessment must rule out more serious forms of traumatic brain injury and spine injuries and must rule out medical and neurological conditions that can present with concussion-like symptoms and must make the diagnosis of concussion based on findings of the clinical history and physical examination and the evidence-based use of adjunctive tests as indicated. In addition to **Nurse Practitioners**, the types of **Medical Doctors** that are qualified to evaluate patients with a suspected concussion include:

Family Physician, Pediatrician, Emergency Room Physician, Sports-Medicine Physician, Neurologist, or Internal Medicine and Rehabilitation (Physiatrists). Documentation from any other source will not be acceptable.

- c. **Obtaining appropriate diagnosis and documentation:** Written medical documentation must be obtained **if a concussion has occurred or not.**

Step 4: MEDICAL DIAGNOSIS *Submission of medical documentation of concussion diagnosis*

- 4. If a Medical Doctor/Nurse Practitioner determines that the player with a suspected concussion did not have a concussion diagnosis:**
 - a. Player (or parent/guardian) must take the written documentation from the medical assessment (highlighting that the player did not have a concussion), and give this document to the team Captain.
 - b. It is the responsibility of the team captain to submit medical documentation to the Operations Coordinator before the player is permitted to return to a PUL activity.

- c. The player should continue to be monitored for at **least 24-48 hours** after the event, as signs and symptoms may take hours or days to appear.
- d. Team captains have the right to refuse a player to return to any PUL activity if they deem the player unfit to do so.

If a Medical Doctor/Nurse Practitioner determines that the player with a suspected concussion does have a concussion diagnosis:

- e. The player, or parent guardian (if applicable) must take the written documentation* from the medical assessment (highlighting that the player has been diagnosed with a concussion), and give this document to the team captain.
- f. It is the responsibility of the team captain to submit medical documentation to the Operations Coordinator.
- g. An initial period of **24-48 hours of rest** is recommended before starting the Return to Sport Protocol.

*Written documentation by a Medical Doctor or Nurse Practitioner may be provided in any format from the medical assessment.