

## Concussion Awareness Quick Check

### The Four R's

1. Respect for all players, especially yourself
2. Read the concussion card (SCAT3 pocket card)
3. Recognize the symptoms of concussion
4. React to it

### Prevention for Players

1. Respect all players, coaches and officials.
2. Make sure your hockey helmet fits and is fastened properly.
3. Be aware – play heads-up hockey.
4. Wear a properly fitted mouth guard.
5. Always use correct body checking techniques and never hit another player from behind or in the head.

**ALERT** – Repeat concussions can severely affect one's lifestyle. It is a Hockey Canada Policy not to send a player back on the ice unless that player has fully recovered.

### Coach and Safety Person Protocol

1. Keep your concussion card handy (SCAT3 Pocket card)
2. During the pre-game talk, check and remind players of team attitude.
3. Discourage open-ice checks or any checks to the head.
4. In case of injury, check for symptoms of concussion/neck and spinal injuries.
5. Monitor the player for listed symptoms, if present remove the player from the game.
6. Permit the player to return to play only on advice of a physician.
7. Instruct parents/guardians to inform medical personnel if it is a repeat concussion.