



# Appendix D

## Removal-from-Sport Protocol

# CAS Removal-from-Sport Protocol

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What to do if you suspect a concussion?

1. Ensure there is no injury to the neck or spine. If suspicion of a spinal injury, adhere to standard emergency management principles.
2. Immediately remove athlete from the pool. Remove cap and goggles.
3. Go through a brief symptom checklist:
  - Headache (differentiate between headache and pain at the impact site)
  - Nausea
  - Dizziness
  - Confusion
  - Light and noise sensitivity
  - Balance problems
  - Feeling “not right”
  - Please see the attached Concussion Recognition Tool (Appendix C) for more information
4. If athlete has any of these symptoms, cease all activity immediately and inform lifeguard. Call parent or guardian to pick up the athlete and advise they should be taken to see a medical professional\* immediately.
5. Remain with the athlete until discharged to a parent, guardian or other trusted adult or EMS. For swimmers over 18 years of age, contact their emergency contact person;
6. Complete facility incident report and **CAS Injury Tracker**.
7. If athlete does not have any symptoms, allow them to remain poolside but not actively engaged in activity. Continue to monitor the athlete for symptoms every 10-15 minutes. Symptoms can set in gradually over time.
8. If athlete has no symptoms at the end of the training session, inform the parent or guardian that an impact occurred and advise them to continue monitoring the athlete

\* If an athlete has a suspected concussion, it is the parent or guardian’s responsibility to take the athlete to see a licensed healthcare professional immediately. This includes a family physician, pediatrician, emergency room physician, sports-medicine physician, neurologist or nurse practitioner. Documentation from any other source will not be acceptable.

