



Concussion Chronicles

First Edition: January 2017

In the 2012-13 season, CAHA became the first affiliate of USA Hockey to implement state-wide concussion protocol.

This mandatory protocol is a critical component of CAHA's commitment to educating their membership - players, coaches, parents, managers, volunteers and leadership – about the importance of being able to recognize the symptoms of a concussion.

Player Safety Comes First! We are all responsible for player safety. Recognizing a concussion is the first step to ensuring a complete recovery, and safe return to the ice.

In The News

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CONCUSSION – FAST FACTS

- ✓ **A Concussion** is **NOT** a brain bruise but is considered a **slowing down** of the brain's normal functions. The ability to Pay Attention, Focus, and Balance are main brain functions affected by concussion.
- ✓ **A Concussion** occurs when the brain is rapidly shaken and/or stretched by a force directed either to the head or through the body to the head.
- ✓ Loss of Consciousness may or may not occur. **Concussion** may cause fatigue, mood swings, light/noise sensitivity, anxiety, sadness irritability, forgetfulness, unsteadiness, and slowed decision-making.
- ✓ Awakening a concussed individual while they try to sleep is **NO LONGER RECOMMENDED**. Adequate sleep is important to the recovery process.
- ✓ The effects of concussion are usually reversible if treated early and appropriately by a medical professional trained in the diagnosis and treatment of concussion.

PAY ATTENTION.....FOCUS.....BALANCE

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The Facts

- Athletes who have had a concussion, at any point in their lives, have a greater chance of getting another concussion.
- Young children and teens are more likely to get a concussion and can take longer to recover than adults.³⁻⁵
- Recognizing and responding properly to concussions when they first occur can help prevent further injury or even death.⁶⁻¹⁰

Did you know?



The CDC offers **free, comprehensive online concussion education courses!** Try one at:
<https://www.cdc.gov/headsup/resources/training.html>

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