



Concussions

When in doubt, sit it out!

If you suspect you have a concussion, **do not return to play, see a doctor immediately, and talk to your teacher.**

If you have a concussion, follow the **Return to Play, Return to Learn Guidelines** and wait until you have been cleared by your doctor.

For more information on concussions and Return to Play, Return to Learn Guidelines, visit Parachute at www.parachute.canada.org and Ontario Safety Guidelines at www.ophea.org.

www.kflaph.ca

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Tips

Symptoms of a concussion include:

- dizziness,
- double or blurred vision,
- nausea or vomiting,
- headache,
- bothered by light and noise,
- difficulty remembering,
- confusion, or
- feeling groggy.