



Removal-from-Sport Protocol Summary

STEP 1 (REMOVE): A suspected concussion has been identified and the athlete is immediately removed from play. Lifeguards hold the final decision to remove athletes with a suspected concussion.

STEP 2 (ASSESS): Assess whether the athlete is experiencing any concussion symptoms

If the athlete is experiencing any Red Flag symptoms:

- Neck pain or tenderness
- Double vision
- Weakness or tingling in arms or legs
- Severe or increasing headache
- Seizure or convulsion
- Loss of consciousness
- Vomiting more than once
- Increasingly restless, agitated, or aggressive
- Getting more and more confused

If the athlete is experiencing any general concussion symptoms:

Physical: Headaches, dizziness, nausea, blurred vision, sensitivity to light or sound, ringing in ears, balance problems, drowsiness, "don't feel right"

Mental: Difficulty thinking, slower thinking, feeling confused, problems concentrating and remembering

Sleep: Sleeping more or less than usual, difficulty falling asleep and staying asleep

Emotional: Sadness, irritable, nervous or anxious

Call 911 immediately to go to nearest Emergency Department

Athlete must schedule an appointment with a physician or nurse practitioner as soon as possible

STEP 3 (INFORM): Call and inform the parent/guardian (for athletes under 18 years of age) or emergency contact about the removal from further training, practice, or competition. The athlete, or their parent/guardian if the athlete is under 18 years of age, is advised that the athlete must undergo a medical assessment by a physician or nurse practitioner before the athlete will be permitted to return to sport.

STEP 4 (PROTOCOLS): The athlete, or their parent/guardian if the athlete is under 18 years of age, is provided with *Dive Ontario Removal-from-Sport* and *Return-to-Sport protocols* after the athlete's removal.

STEP 5 (RECORD): *Dive Ontario Suspected Concussion Report Form* is completed. A copy is given to the athlete, or their parent/guardian if the athlete is under 18 years of age, and another copy is given to the athlete's club.

STEP 6 (MEDICAL ASSESSMENT): Athlete brings *Dive Ontario Medical Assessment Form* and the completed *Dive Ontario Suspected Concussion Report Form* to their appointment with a physician or nurse practitioner.

STEP 7 (RETURN): Athlete enters Step 1 of *Dive Ontario Return-to-Sport protocol*