



SSO Removal-from-sport Protocol

What to do if you suspect a concussion?

1. Immediately remove athlete from the pool. Remove cap and goggles.
2. 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 A) for more
3. 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.
4. 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;
5. Complete facility incident report and SSO Injury Tracker.
6. 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.
7. 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 for symptoms at home. If symptoms develop at any point, the athlete should be taken to a medical professional.

If the athlete loses consciousness at any time, immediately remove the athlete from the pool and inform lifeguards. Conduct appropriate emergency procedures.

* If an athlete has a suspected concussion, it is the parent or guardian's responsibility to take the athlete to see a medical 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.