



NOTICE OF POSSIBLE CONCUSSION

Your child was involved in an incident at Speed Skate practice on _____ that may have resulted in possible head injury. The athlete was removed from the activity after the incident occurred and has been accompanied by an adult and observed for signs and symptoms of concussion since the incident. We recommend that you continue to watch your child for signs and symptoms of concussions which include:

- Nausea
- Poor concentration
- Amnesia
- Fatigue
- Sensitivity to light or noise
- Irritability
- Poor appetite
- Decreased memory

If any of these symptoms are observed, or if you are concerned about other signs exhibited by your child, medical attention should be sought.

Any athlete or individual suspected of sustaining a concussion will not be allowed to participate in full program activities for the remainder of the season unless, he or she provides a medical note confirming either that:

- the athlete or individual did not sustain a concussion, or
- the athlete or individual may return to speed skating, or may return with limited activities and activity levels.

Please refer to Speed Skate Canada's Concussion Guidelines and Return to Speed Skating Protocol for more information on the identification of concussions and procedures for returning to activity.

<http://www.speedskating.ca/sites/speedskating.ca/files/returntoplayfinal.pdf>

Please also refer to Yellowknife Speed Skating Club Concussion Policy <http://www.ykspeedskating.com> for more information on Club procedures for athletes returning from suspected head injury.