

LAKES REGION CURLING ASSOCIATION HEAD INJURY PROTOCOL

BE AWARE: IF YOU FALL WHILE CURLING, YOU MAY SUFFER A CONCUSSION

What is a concussion? — A concussion is a mild brain injury that can cause confusion, memory loss, and headache. A concussion can happen after a person has an injury to the head from being hit or falling.

Sometimes people lose consciousness when they have a concussion, but not always.

What to watch for — If you have fallen, whether or not you have struck your head, watch for any of the following symptoms in the next several minutes to hours:

- Memory loss – People sometimes forget what caused their injury, as well as what happened right before and after the injury
- Confusion
- Headache
- Dizziness or trouble with balance
- Nausea or vomiting
- Feeling sleepy, sluggish, groggy
- Acting cranky, strangely, or out of sorts
- Feeling confused, having difficulty thinking clearly
- Any other difference in feeling, sensation, or thinking

What to do — If any of these symptoms apply to you, stop curling immediately and observe the following guidelines:

- Alert a teammate or a member of the LRCA board of directors who can acknowledge your concern and assist you in your next choice of action.
- Consider seeking medical attention if you experience any of the symptoms of a concussion.
- Do not drive yourself home or to a medical facility if you have any doubt about your ability to do so. Seek assistance with transportation.
- Do not return to curling on the same day and until you are totally well. Consider having a health care professional confirm that you are fit to return to curling.