TRACKING SHEET - CONCUSSION MANAGEMENT PROTOCOL, JUNE 2017

This sheet must not be used to diagnose a concussion and is not a substitute for a medical opinion. It is a recording tool, to be used to transmit information to the participant, the parents, the organizations concerned and the health network. For further details, please see the Protocol at http://www.education.gouv.qc.ca/.

NAME :			AGE :		DATE OF INCIDENT:
RECOGNITION (1)				Ш	MEDICAL EVALUATIONS (4)
Remove participant from activity, do not leave I	him/her unattended, and send him/her	to the designated pe	rson for a checkup		GIVE THIS TRACKING SHEET TO HEALTH NETWORK PERSONNEL
Check for signs and symptoms CHOOSE ONE OF 1	THE FIVE OPTIONS]	
Preventive removal due to: an impact or a brusque movement of the head	Presence of signs or symptoms	Presence of e warning signs (Obtain transport emergency depa	ation to a hospital	→	Immediate medical evaluation at a hospital emergency department
doubts about the information provided	···► COMPLETE	···-► COMPLETE			Health network personnel must refer to the current practical guide:
past history of concussions	SECTION 5 OVERLEAF	SECTION 5 OVERLEAF			Algorithme décisionnel pour la gestion du risque de complications neurologiques graves à la suite d'un TCCL.
If the participant is a minor child, inform the parents of the situation and procedure as quickly as possible.			1	Hearth agrapes graves a la sake a grives 2.	
Circumstances of the incident (activity, causes, type of impact, part of body affected,etc.):			Medical evaluation at a hospital emergency department if warning signals appear (see Section 5) or if signs and symptoms become worse in the hours or days following the incident		
OBSERVATION PERIOD CHOOSE ONE OF THE TWO OPTIONS	-2				
Has not shown any signs or symptoms since being removed from the activity, has successfully completed the 48-hour observation period and may resume activities without following the progressive return to activity procedure. PROCEDURE COMPLETED					
Has shown or is showing signs or symptoms and must immediately start initial rest (Section 3). COMPLETE SECTION 5 OVERLEAF			 	■ Medical evaluation as quickly as possible, for diagnosis	
PROGRESSIVE RETURN TO ACTIVITIES 3			Second medical evaluation if no noticeable improvement after 10 days		
Initial rest completed (minimum of 48 hours)					1 1 1 1 1 1 1 1 1 1
Steps completed for intellectual activities	1 2	3			
Steps completed for physical and sports activities	1 2	3 4	5 6	 	Medical permission to return to unrestricted training in a sport with a risk of contact, collisions or falls
Direction de la promotion de la séc	curité (Secteur du loisir et du sport), ministère		nseignement supérieu		and the contest, contesting of face





DETAILS OF SIGNS AND SYMPTOMS

EMERGENCY WARNING SIGNS (RED FLAGS, CALL 911)		
Loss of consciousness	Epileptic fits or convulsions	
Repeated vomiting	■ Intense neck pain	
Severe balance problems	Deteriorating conscious state	
Feeling gradually weaker	☐ Unusual behaviour	
Severe or worsening headaches	☐ Increasing confusion or irritability	
Problems with speech	☐ Double vision	
Severe drowsiness or difficulty waking	Failure to recognize places or people	
Weakness, tingling or numbness		

SIGNS OBSERVED	UNDER 24 Hours	BETWEEN 24 AND 48 HOURS
Clutching head		
Vomiting		
Problems standing, walking and running		
Clumsiness		
Confusion		
Searches for words or answers slowly		
Repeats what he/she said		
Blank or vacant look		
Becomes more emotional, irritable or sad		
Nervousness or anxiety		
Drowsiness		

SYMPTOMS REPORTED	UNDER 24 Hours	BETWEEN 24 AND 48 HOURS
Headache or pressure in head		
Neck pain		
Dizziness or balance problems		
Nausea		
Blurred vision		
Sensitivity to light		
Sensitivity to noise		
Fatigue or low energy		
Feeling slowed down or in a fog		
"Doesn't feel right"		
Difficulty concentrating or remembering		
Sleeplessness		

WHEN ALL STEPS HAVE BEEN (6) SUCCESSFULLY COMPLETED



INITIAL REST	DATE
Intellectual, physical and sports activities and driving a motor vehicle should be limited for a minimum of 48 hours until the symptoms gradually decrease.	

The return to intellectual, physical and sports activities can take place at the same time, as long as there is compliance with the procedures shown in the two tables.

For Steps 1 and 2 (regarding intellectual activities) and Steps 1, 2 and 3 (regarding physical and sports activities) to be completed successfully, symptoms must gradually decrease. If symptoms do not decrease, go back to the previous step. For the following steps, symptoms must not reappear. If symptoms reappear, go back to the previous step.

INTELLECTUAL ACTIVITIES	STEP/DATE
Engage in intellectual activities for periods of 15 to 20 minutes (e.g. reading, television, music). It is important to limit these activities for a few days, to ensure proper rest.	1/_/_
Gradually resume structured intellectual activities (e.g. school work, music, singing, theatre).	2/_/_
Do not move to the next step until symptoms have disappeared	
Resume the normal school activities (e.g. exams, projects), work, artistic or recreational routine.	3/_/_

For physical activities and sports, at least 24 hours must elapse between each step.

PHYSICAL AND SPORTS ACTIVITIES	STEP/DATE		
Light training exercises (e.g. rapid walking, jogging, swimming, biking on flat surfaces).	1/		
Do not move to the next step without an initial medical evaluation			
Training specific to the physical activity or sport, practised individually (no contact, spinning or jumping)	2/		
Training specific to the physical activity or sport, practised individually or with a teammate (e.g. resistance training, passing exercises)	3/		
Do not move to the next step until the participant has resumed normal intellectual activities and symptoms have disappeared			
Training specific to the physical activity or sport, practised as a team (no contacts or scrums) (normal duration, increased resistance).	4/_		
Do not move to the next step without medical permission to return to unrestricted training in a sport with a risk of contact, collisions or falls			
Full practice with physical contact (e.g. contact, scrums).	5/		
Return to competition (at least 24 hours after successfully completing unrestricted training).	6/_/		