

Synchro Concussion Procedures

If you suspect a concussion, according to the mechanism of injury and the signs and symptoms presented by the athlete:

- a. **If Unconscious or other (convulsions) = 9-1-1 and call the lifeguards and pool security.** After, call the team doctor and the team therapist, to let them know what happened.
- b. **If conscious but too many signs / symptoms and / or when in doubt = Send to the hospital immediately.** (*Dizziness, Numbness, Vomiting, Big headache that does not go away, Balance problems, Difficulty concentrating/focusing, Generally not feeling well*)
Call the team doctor and the team therapist, to let them know what happened.
- c. **If conscious with only minor signs / symptoms and relatively stable = Call the team doctor and/or the team therapist for a complete evaluation and follow-ups as needed.** (*Light headache, feeling 'in a cloud', symptoms that persist over 15 minutes*)

*** In all three cases = NEVER LEAVE THE ATHLETE ALONE AND NEVER LET THEM DRIVE.**

If a concussion is diagnosed, the athlete must be identified by wearing a red cap and will be put on the specific return to swim post – concussion protocol.

One of the coaches must be identified to assist and supervise the athlete throughout the protocol.

Identify the medical personnel that will follow the athlete throughout the protocol.

At each step:

- The athlete must fill out the subjective auto-evaluation and present it to the identified staff member;
- They must then call the appropriate medical personnel for discussion and approval before proceeding with the protocol steps, as well as at the end of the day to provide feedback and to discuss the progression for the next day/step;
- If any signs and/or 3 symptoms return at any point in the protocol = Stop immediately and consult the appropriate medical personnel.

For any other questions or when in doubt contact the appropriate medical personnel.