



NATIONAL  
**CONCUSSION**  
AWARENESS WEEK

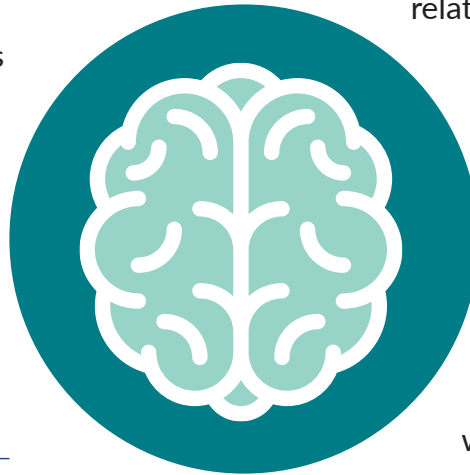
**SEPTEMBER**  
**24 – 30, 2023**

## Concussion Consensus Statement Updates

National Concussion Awareness Week was established in 2021 to increase concussion awareness and education across Canada. From September 24 – 30, 2023, recreation and sport organizations are encouraged to educate and inform parents, athletes, coaches, teachers, officials, etc. on the dangers of concussion and what to do if someone is experiencing symptoms.

According to the [6th International Consensus Statement on Concussion in Sport](#) released in June 2023, a “sport-related concussion is a traumatic brain injury

caused by a direct blow to the head, neck or body resulting in an impulsive force being transmitted to the brain that occurs in sports and exercise-related activities.”



Signs and symptoms of a concussion may not appear immediately, but could take hours or days to evolve. In fact, a concussion does not appear on any type of neuroimaging such as CT scan, MRI, or x-ray. This is why it is imperative to take serious precaution for an extended period of time after receiving a hit to the head.

## New Consensus Statement on Concussion in Sport

In October 2022, the 6th International Conference on Concussion in Sport took place in Amsterdam, Netherlands. The purpose of this conference was to update recommendations for sport-related concussion based on evolving research and evidence.



Some key highlights from the 6<sup>th</sup> International Consensus Statement on Concussion in Sport include:

- A new [Concussion Recognition Tool 6](#) was developed. This tool is for all stakeholders involved in sport, including parents or guardians, coaches, players, referees and administrators. The CRT6 helps them to recognize when a concussion may have happened.
- Athletes with persisting symptoms of more than 4 weeks should consider seeking medical attention for further assessment. The evaluation may include several methods of assessment such as standardized and validated symptom rating scales.
- The Amsterdam Consensus Statement recommends relative **Rest** for only the initial 24 to 48 hours following injury, including limited screen time. Returning to light physical activity as tolerated (such as walking) in the initial 48 hours is recommended if there's no risk of injury.
- Aerobic exercise within 2 to 10 days after sport-related concussion has been shown to help with recovery and prevent symptoms from persisting. Thus, progressive increases in exercise intensity are recommended, according to symptom tolerance levels, as long as there's no risk (that is, head impact, collision or fall).
- The new consensus statement updates are linked to the 12 R's of clinical concussion management (Recognize, Reduce, Remove, Re-evaluate, Rest, Rehabilitate, Refer, Recover, Return-to-Learn/Return-to-Sport, Reconsider, Refine, and Retire).

[\\*Source: Information adapted from the 6th International Consensus Statement on Concussion in Sport and Kathryn Schneider's SIRC Article\\*](#)

## Concussion Assessment Tools

Hits to the head are dangerous, thus suspected concussions need immediate evaluation. Below are links to concussion assessment tools for non-medically trained individuals and health care providers.

### Used by Non-Medically Trained Individuals

- [Concussion Recognition Tool 6 \(CRT6\) for Children, Adolescents and Adults](#)

### Used by Healthcare Professionals

- [Sport Concussion Assessment Tool \(SCAT6\)](#) for Adolescents (13 years +) and Adults
- [Sport Concussion Office Assessment Tool 6 \(SCOAT6\)](#) for Adolescents (13 years +) and Adults
- [New Child Sport Concussion Office Assessment Tool 6 \(Child SCOAT6\)](#)

## Concussion Resources

As a result of these recommendations, work is continuing on a national level to revise information and resources for sport and recreation providers, parents, athletes, coaches, etc. In the interim, the following websites and resources will guide you to information about concussion symptoms, management, training tools, and more.

- [Canadian Guideline on Concussion in Sport \(2017\)](#)
- [Parachute Canada Concussion Resources](#)
- [NCCP Making Headway in Sport Course](#)
- [Pediatric Concussion Resources](#)
- [BC Injury Research and Prevention Unit Concussion Resource](#)
- [Living Guideline for Pediatric Concussion Care](#)

Information in the links above required updates, based on the newly released 2023 consensus statement.

This information has been compiled by the Atlantic Concussion Collaborative Work Group.