



CONCUSSIONS

WHAT IS A CONCUSSION?

A concussion is a brain injury that affects the way the brain functions.



RED FLAG SYMPTOMS:

Campers must seek urgent medical assistance if they experience the following symptoms after hitting their head:

- Loss of consciousness or deteriorating conscious state
- Double vision
- Become increasingly restless, agitated or combative
- Spinal pain or tenderness
- Seizure or convulsion
- Severe or increasing headache
- Vomiting
- Weakness or tingling/burning in arms or legs



COMMON CONCUSSION SYMPTOMS

- Headache
- Nausea
- Dizziness
- Sensitivity to light
- Nervous/anxious/irritable
- Fogginess/difficulty thinking



I HIT MY HEAD! WHAT HAPPENS NEXT?

If a camper sustains a hit to the head or reports ANY symptoms of a concussion, the Camp Nurse will be notified. She will assess the camper and contact the there. Any individual reporting signs or symptoms of a concussion must be picked up and seen by a medical physician or nurse practitioner to rule out or confirm a concussion.

I HAVE BEEN DIAGNOSED WITH A CONCUSSION. WHAT'S NEXT?

The camp follows a gradual **return-to-camp protocol** which ensures campers are on the right road to recovery. Parents are responsible for accessing adequate medical care to ensure the camper is recovering well.

Learn more about Concussions and Hits to Head at:
[Ontario Physical Activity Standards in Education's page on Concussions](#)
[Holland Bloorview's Kids Rehabilitation Centre's handbook on Concussions](#)
[Ontario's Concussion Law: Rowan's Law](#)



If you have any questions or concerns, please contact our camp nurse and they would be happy to discuss them with you.

camphealthcentre@branksome.on.ca