



CCC CONCUSSION MANAGEMENT

GUIDELINES FOR RECREATIONAL, AMATEUR, & ELITE ATHLETES OF ALL AGES

- You **DO NOT** have to lose consciousness to have a concussion. Symptoms are often subtle and a loss of consciousness occurs in a small percentage of concussed athletes.
- **NEVER** return to cycling while symptomatic- follow the step progression for return to cycling on the back of this card.
- A concussion can be caused by a direct blow to the head, face or neck OR from a blow elsewhere on the body that creates an “impulse” force in the head.
- Helmets should be worn at all times when on the bike as a catastrophic crash isn’t necessary to cause a head injury, a simple bump on the head can be traumatic to the brain.

WHAT IS A CONCUSSION?

A concussion is an injury to the brain that happens when the brain hits the skull. This can happen when you hit your head, when you stop or twist suddenly, or if someone hits you. The injury can cause brain swelling and other complications, and because the injury is internal we have to rely on mental, physical, and emotional symptoms to diagnose it.

SIGNS & SYMPTOMS OF A CONCUSSION

ANY ONE of the following can indicate concussion

- Dizziness
- Headache
- Confusion
- Nausea
- Loss of Balance
- Double Vision or seeing stars
- Ringing in the Ears
- Slurred Speech
- Sensitivity to light or sound
- Emotional or Personality Changes
- Feeling “stunned”, or dazed
- Loss of consciousness
- Poor concentration
- Decreased skill execution & slow reaction times



Cycling**CANADA**Cyclisme

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MANAGEMENT & REHABILITATION

No riding on the day of injury if a concussion is suspected (even if symptoms have resolved)
An Athlete Should Never Return To Riding While Symptomatic
WHEN IN DOUBT, SIT THEM OUT!

WHAT TO DO

- the athlete should be medically examined by onsite trained medical professional
- if not available, medical attention should be sought
- monitor the athlete's symptoms, using the SCAT tool if possible
- if any deterioration of symptoms occur, seek medical attention

WHAT NOT TO DO

- consume alcohol within 24 hours of injury
- wake the athlete up every two hours unless advised to do so by medical professional
- leave the athlete unattended for the first 1-2 hours after the incident occurs
- attempt to get back on the bike unless cleared by a medical professional
- give the athlete any prescription medication (sedative or narcotic), that may mask the symptoms of a concussion, check with medical professional for over the counter meds.
- let the athlete drive

WHEN TO RETURN TO RIDING

Medical Recommendations for Step Procedure:

- the athlete must remain asymptomatic throughout the steps- if they experience symptoms, they must back up one step
- the athlete should be symptom free for 24 hours before progressing to the next step
- it is advised that the athlete be monitored through this process (coach, medical professional)

STEP 1

Rest until asymptomatic (physical and mental rest)
This includes limiting physical exertion as much as possible, including normal daily activities. The athlete should not have to do any focussing, concentration (including computer or video games) or incur any stress at all. If you have to strain or exert to do anything, it should not be done.

STEP 2

Light aerobic exercise such as trainer, rollers or stationary bike
NO resistance training

STEP 3

Sport specific training (Low Intensity)
Road - flat, non paeline, low stress
Track - non-group ride on track or road ride
MTB - road ride, no technical
BMX - low intensity, road ride, no technical

STEP 4

Training Drills and Resistance Training (Increased Intensity)
Road - climbs, intervals
Track - group riding on track, intervals
MTB- training drills- low/moderate technical skills,interval
BMX - training drills- low/moderate technical skills, interval

STEP 5

Regular Training and skill execution
Road - motorpacing or group riding
Track - motorpacing
MTB - course pre-riding, technical riding
BMX- course pre-riding, technical riding

STEP 6

Race Ready