



Volleyball Canada Concussion Policy and Protocol

National Championships Implementation

- Promote the motto: “When in doubt, sit them out”. Athletes who are suspected of sustaining a concussion or head injury must be removed from play.
- All coaches at youth competitions are provided a concussion signs and symptoms information card in their coaches’ package.
- All participants at senior competitions are provided a concussion signs and symptoms information card in their coaches’ package.
- Athletic Therapists and/or certification candidates will be on site to conduct assessments.
- An athlete who has been removed from play by a tournament Athletic Therapist may not return to play for the remainder of the tournament.

Concussion Signs and Symptoms

Signs Observed by Coaching Staff	Symptoms Reported by Athlete
Appears dazed or stunned	Headache
Is confused about assignment	Nausea
Forgets plays	Balance problems or dizziness
Is unsure of game, score, opponent	Double or fuzzy vision
Moves clumsily	Sensitivity to light or noise
Answers questions slowly	Feeling sluggish
Loses consciousness	Feeling foggy or groggy
Shows behaviour or personality changes	Concentration or memory problems
Can’t recall events prior to hit	Confusion
Can’t recall events after hit	



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