

PENTATHLON CANADA NATIONAL CONCUSSION PROTOCOL SUMMARY

For the full Pentathlon Concussion Protocol, please visit: <https://www.pentathloncanada.ca/safe-sport/>

1. All athletes, parents, coaches, trainers and officials participating in Pentathlon Canada activities are required to review the *Canadian Guideline on Concussion in Sport Pre-season Concussion Education Sheet* prior to the first practice of the season. In addition to reviewing information on concussion, it is also important that all members of the pentathlon community have a clear understanding of the Pentathlon Canada National Concussion Protocol.
2. In the event that an athlete is suspected to have sustained a concussion or other head injury the following procedures must be followed:
 - a) If a severe head or neck (spine) injury is suspected, an ambulance should be called immediately to transfer the athlete to the nearest hospital for medical assessment.
 - b) If an athlete has signs or symptoms of a concussion, they must be removed from participation (including warm-up, practice and competition) immediately and be medically assessed as soon as possible.
 - c) If the athlete develops delayed concussion symptoms (e.g., in the evening after competition), they should be medically assessed as soon as possible by a medical doctor or nurse practitioner.
 - d) All athletes with a suspected concussion must provide a **Medical Assessment Letter** indicating whether or not they have been diagnosed with a concussion. Completed forms should be submitted to the athlete's coach.
3. If an athlete has been medically assessed and that assessment confirms the athlete does not have a concussion, they can return to full participation.
4. **If an athlete is diagnosed with a concussion**, they must follow the Pentathlon-specific Return-to-Sport Strategy.
5. An athlete diagnosed with a concussion must provide a **Medical Clearance Letter** before returning to full training, practice and competition.

For more information on concussion please visit:

- Pentathlon Canada - <https://www.pentathloncanada.ca/safe-sport/>
- Parachute – www.parachute.ca/concussion

Pentathlon Canada Sport Concussion Pathway

