

CONCUSSIONS + ROLLER DERBY 101

KEEP YOUR HEAD IN THE GAME



WHAT ELSE CAN YOU DO? 10 IDEAS TO RAISE AWARENESS

1. Read the *WFTDA Risk Management Guidelines* and make sure your league is familiar with them.
2. Add the *Sport Concussion Assessment Tool 5th Edition (SCAT5)* to your medical kit and print it for usage in your league. Knowing when someone should be checked out by the proper medical staff is very important even if you are not comfortable doing an assessment yourself.
3. Take the *Online Concussion Training for Health Care Providers* by the Centers for Disease Control and Prevention.
4. Recruit more Safety Personnel in your league. Not sure what they do? Read the *Risk Management Guidelines*.
5. Talk about concussions. We don't talk enough about the hits, the falls, the aftermath, and the (sometimes unclear) long-term effects of brain injuries. Talking about it can empower us to pull a skater or encourage someone to sit out the rest of the game.
6. Reflect on your own behavior! How do you approach a bad hit or fall?
7. Did you see something happen that makes you think someone might have gotten a concussion? Encourage your teammates, fellow Officials or anyone else you can think of to take a break and get checked out. Let the medics know what you saw.
8. Get familiar with the Return to Skate Policy in the *Risk Management Guidelines* for yourself and your peers.
9. Are you participating at a WFTDA Tournament? Read and sign the *Concussion Impact Acknowledgment*.
10. Most importantly: Wear a proper-fitting and certified helmet and remind others to adjust/replace their helmet. Helmets should fit snugly and cover the frontal lobe — they should not sit back on the cranium itself. The straps should create a "y" under each earlobe.

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth.

CONCUSSION SYMPTOMS

Concussions can have any one or more of the following symptoms:

- ★ Positive loss of consciousness (blackout.)
- ★ Headaches and sensitivity to light.
- ★ Physical signs (such as nausea, vomiting or unsteadiness.)
- ★ Impaired brain function (such as confusion.)
- ★ Abnormal behavior (agitation/aggression.)

Adults typically take longer to show symptoms than children and some symptoms may take several hours to manifest.



DID YOU KNOW? A concussion assessment should occur shortly after the incident, but the participant may request a short time to rest before being assessed. Participants have the right to refuse to be evaluated and if so, they cannot return to play. In WFTDA sanctioned play, when the minimum standard for concussion assessment is employed (volunteer using the *Concussion Recognition Tool*), a **SINGLE** symptom is grounds for removing the participant from further activities. Failure to comply with an assessment is grounds for removing the participant from further activities.

REMEMBER THE 5 R's

REDUCE

The impact by getting a certified and properly fitting helmet

RECOGNIZE & REACT

Know what to look for and realize when someone needs attention

RETURN

To skating following the Return to Skate policy in the *WFTDA Risk Management Guidelines*

RESOURCES

Educate yourself and others by reading and sharing all the information at WFTDA.com/Concussions

WHAT THE RULES SAY ABOUT SAFETY

1.2 TEAMS - Skaters who are injured during play may return to play as long as they are no longer apparently injured or bleeding. A Skater whose injury alters the flow of the game (examples include a Jam being called, a period clock stoppage, or a substitute being seated in the Penalty Box) may not participate during the following three jams.

MORE RESOURCES: WFTDA.COM/CONCUSSIONS

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