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NEVER return to sports or play the same day of the injury event. Returning to active play before full recovery increases the risk of sustaining another concussion with more and prolonged symptoms.

Signs and symptoms often last for 7-10 days or longer.

Follow the 6 step return to play guidelines, available at www.parachutecanada.org

A **helmet** is the best protective gear to wear to protect from head injuries. It should fit properly, be well maintained, and be worn consistently and correctly.

- Replace helmets every five years as the plastic of the helmet dries out and becomes brittle with age. Older helmets may also not meet the current safety standards.
- Do not wear bulky hats or toques under the helmet as they can change the helmet fit and take away protection.
- Wear and use helmets as recommended by the manufacturer.
- Look for a label or marking stating that the helmet complies with an applicable standard

BC INJURY research and prevention unit

- * Leaders in the production and transfer of injury prevention knowledge and the integration of evidence-based injury prevention practice in the daily lives of British Columbians

Helmets for Winter Sports

Head Injury is the leading cause of death for winter sports, such as ice hockey, skiing and snowboarding. **Concussion** is a common type of head injury in sport activities.

A **concussion** is a type of brain injury that alters the brain functions. It is caused by a bump, blow or jolt to the head, face or neck, or a blow to the body that causes the head or brain to move rapidly back and forth. Concussions cannot be seen, however signs and symptoms can show up right after the injury or after many days. It is important to watch for changes in the injured person's feeling or behaviour. Most concussions occur without loss of consciousness.

Signs and Symptoms of a Concussion

Seek medical attention right away if one or more of the symptoms are reported

- Loses consciousness (*even briefly*)
- Seizure or convulsion
- Amnesia
- Confusion
- Drowsiness
- Neck pain
- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling slowed down
- Concentration or memory problems
- Sadness
- Not "feeling right"
- Fatigue or low energy
- Irritability
- More emotional
- Nervous or anxious
- Feeling like "in a fog"

Additional information:

www.parachutecanada.org,
www.cdc.gov/Concussion
www.hockeycanada.ca/safety

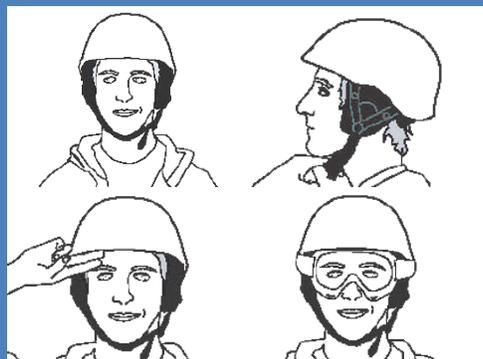
FITTING AN ICE HOCKEY HELMET

1. Loosen the screws or clips before putting on an adjustable helmet and extend the helmet all the way.
2. Put the helmet on and slide the helmet together until it is snug and comfortable.
3. Tighten screws or secure clips.
4. Ensure that the helmet sits one or two finger-widths above the eyebrow.
5. Shake your head up and down then side to side to make sure the helmet does not move.
6. Secure the chin strap. One finger should fit between chin and strap.
7. Lock the cage into the J clips. The chin cup should fit snugly to the chin while allowing you to talk.



FITTING A SKI or SNOWBOARD HELMET

1. Pads of the helmet touch cheeks and forehead.
2. Back of helmet should not touch nape of neck.
3. One finger under chinstrap. Helmet should be snug and comfortable.
4. Ensure that the helmet sits one or two finger-widths above the eyebrow.
5. Little or no gap between top of goggles and helmet.



Do you need a new helmet?

1. Has the helmet has been thrown on the floor or ice?
2. While wearing the helmet, have you received an injury to your head or face?
3. Does the outer shell have cracks, dents or damage?
4. Does the helmet have stickers or paint that can hide helmet damage?
5. Are there missing or broken screws or clips that cannot be replaced?
6. Has the helmet lining been cut or shaved or is it worn down, broken or cracked?

(Helmets should be dry and stored at room temperature - extra heat breaks down the lining)

Did you answer 'YES' to one or more questions? If so, you may need to buy a new helmet.

Any helmet that meets the applicable standards is appropriate as long as the helmet is used for the specified activity. Using a wrong helmet in a particular activity increases the risk of being seriously injured.

Activity	Helmet Type	Applicable Standards
Ice Skating	Hockey	CSA Z262.1
Ice Hockey	Hockey with full face mask	CSA Z262.1 CSA Z262.2
Downhill and Cross-country Skiing, Snowboarding	Ski or Snowboard	CSA, CE, Snell or ASTM
Snowmobile	Snowmobile	CSA, Snell or ASTM

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Acronym	Standard Name
CSA	Canadian Standards Association
ASTM	ASTM International (International)
Snell	Snell Foundation (US)
CE	Central European Norm (European)