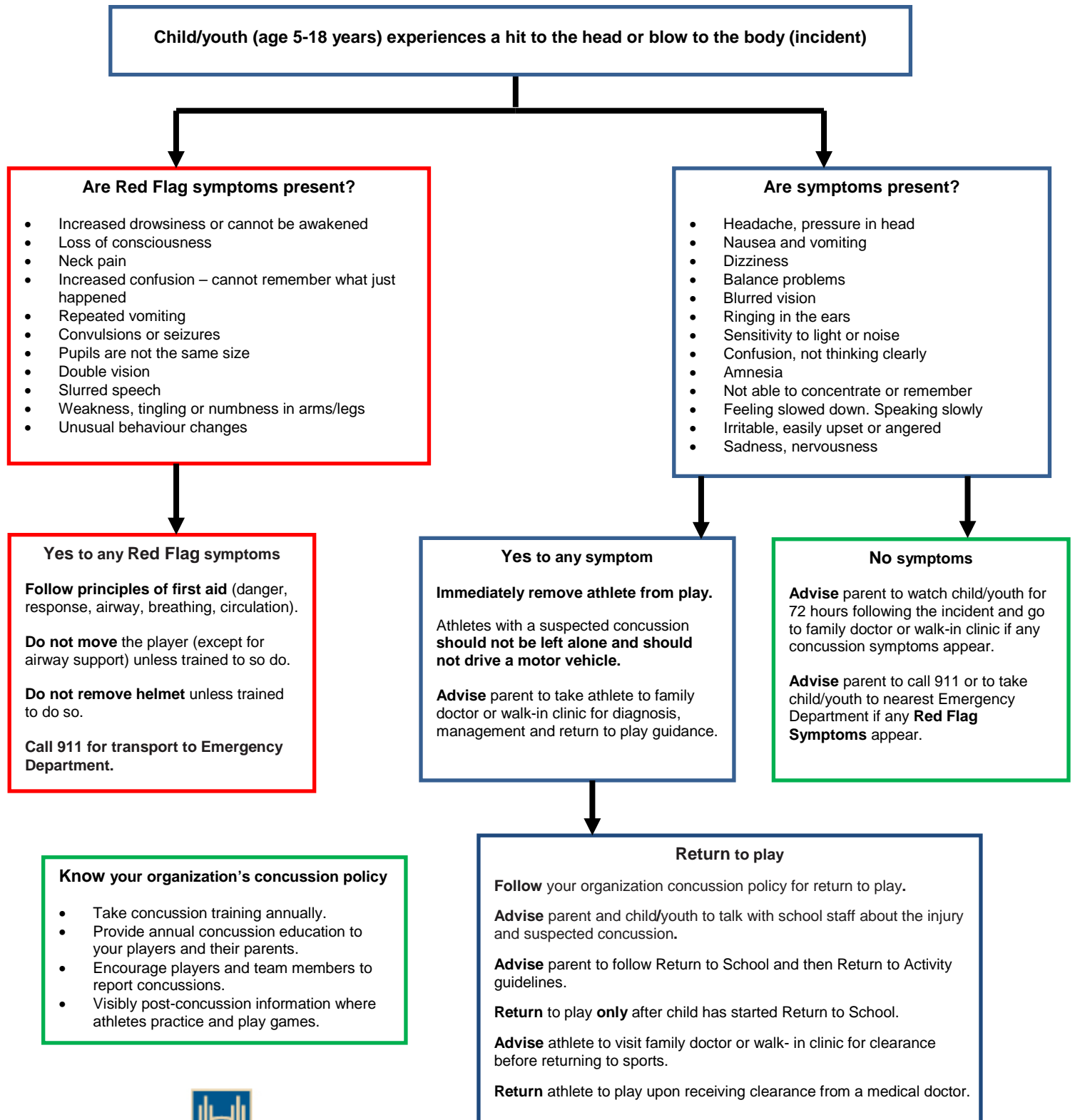


# Coach Pathway for Concussion Care



# Brain Injury Management Support Services in Hamilton

A concussion is a brain injury caused by a hit to the head that can change the way the brain normally works. Concussions can also occur from a fall or blow to the body that causes the head to move rapidly back and forth. A concussion can happen without the loss of consciousness. Young children and teens are more likely to get a concussion and take longer to recover than adults.

## Emergency Room Departments

### Triage, treatment, admittance and referral

- McMaster Children's Hospital; 1200 Main Street West, Hamilton, ON; 905.521.2100
- Hamilton General Hospital; 237 Barton Street East, Hamilton, ON; 905.521.2100
- Juravinski Hospital; 711 Concession St., Hamilton, ON; 905.521.2100
- St. Joseph's Hospital; 50 Charlton Avenue East, Hamilton, ON; 905.522.1155

## Clinics

### David Braley Sports Medicine and Rehabilitation Centre

David Braley Athletic Centre, McMaster University  
Enter from Sterling St. entrance  
To book an appointment call 905-525-9149 ext. 23575  
Note: fee for service may apply  
<https://rec.mcmaster.ca/programs/david-braley-sport-medicine-rehabilitation-centre>

## Resources

- Brain Smart Hamilton concussion website for parents, coaches and healthcare providers  
[www.mcmasterchildrenshospital.ca/concussion](http://www.mcmasterchildrenshospital.ca/concussion)
- Concussion Awareness Training Tool (CATT) Parents, players and coaches Awareness Toolkit includes: on-line course, printable resources, videos and parent handouts: <http://ppc.cattonline.com/>
- Concussion Ed mobile app for youth, parents and educators. Available in English and French. Organized into Prevent, Recognize, Manage and Track. Download at the [Apple App Store](#) or [Google Play](#)
- Concussion at Play: Opportunities to reshape the culture around concussion  
[http://www.cdc.gov/headsup/pdfs/resources/concussion\\_at\\_play\\_playbook-a.pdf](http://www.cdc.gov/headsup/pdfs/resources/concussion_at_play_playbook-a.pdf)
- Concussion Tool Kit- Parachute Canada: <http://www.parachutecanada.org/active-and-safe/item/roles-and-responsibilities-of-coaches-and-officials>
- Heads Up to High School Sports- CDC On-line concussion course, customizable fact sheets and posters:  
<http://www.cdc.gov/headsup/highschoolsports/coach.html>
- Pocket SCAT-3 (Sport Concussion Assessment Tool):  
<http://www.parachutecanada.org/downloads/programs/activeandsafe/267.full.pdf>
- ONF Guidelines for Diagnosing and Managing Pediatric Concussion. Recommendations for Schools and/or Community Sports Organizations/Centres: <http://tinyurl.com/q5a449k>
- Ontario Brain Injury Association <http://obia.ca>. Support Line 1-800-263-5404

