

# CATEGORY: **Serious Occurrences**

**Policy:** Concussion Management

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Scadding Court Community Centre's Concussion Management policy recognizes the importance of three criteria in protecting young brains: removing a child or youth athlete from play if a concussion is suspected; ensuring the child or youth does not return to play until he or she has received medical clearance; and, providing education on sport-related concussions to athletes, coaches and parents.

The most common brain injury is a concussion. Most concussions occur without loss of consciousness and often are overlooked, with potentially serious consequence. Young athletes are particularly susceptible to concussions; in fact, according to the Canadian Paediatric Society, the majority of sport-related head injuries occur in individuals younger than 20 years old. Young athletes, their parents, coaches and recreational sports programmers need to be aware of the risks that a second concussion can have if a previous concussion has yet to heal, and not feel pressured to hide their injuries or return to play prematurely. An impact delivered to the head of an athlete who has not yet fully recovered from an initial concussion can be devastating.

It is important to know that the individual does not need to be knocked out (lose consciousness) to have had a concussion, see table below.

## CONCUSSION SYMPTOMS

Thinking Problems	Complaints	Other Problems
<ul style="list-style-type: none"><li>• May not know time, date, place, details of their circumstance</li><li>• General confusion</li><li>• Cannot remember things that happened before and after the injury</li><li>• Knocked out</li></ul>	<ul style="list-style-type: none"><li>• Headache</li><li>• Dizziness</li><li>• Feels dazed</li><li>• Feels "dinged" or stunned; "having my bell rung"</li><li>• Sees stars, flashing lights</li><li>• Ringing in the ears</li><li>• Sleepiness</li><li>• Loss of vision</li><li>• Sees double or blurry</li><li>• Stomach ache/stomach pain, nausea</li></ul>	<ul style="list-style-type: none"><li>• Poor coordination or balance</li><li>• Blank stare/glassy eyed</li><li>• Vomiting</li><li>• Slurred speech</li><li>• Slow to answer questions or follow directions</li><li>• Easily distracted</li><li>• Poor concentration</li><li>• Strange or inappropriate emotions (ie. laughing, crying, getting mad easily)</li><li>• Not performing as well</li><li>• Activities such as watching TV, texting, and computer use may also slow recovery.</li></ul>

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There are four main standards the recreationist or volunteer coach should examine within his/her obligation to act with due care and caution toward an injured participant:

1.    Is the activity suitable for the mental and physical condition of the participant?
2.    Is the participant progressively trained and coached to do the activity properly and safely?
3.    If the equipment was adequate and suitably arranged?
4.    If there was proper supervision?

To better manage potential or actual instances of concussion in its recreational sports program, SCCC will incorporate within its annual training to all recreation staff and volunteer coaches the area of current concussion identification and management practices to include up-to-date information on the identification of concussion, the signs and symptoms associated with the injury, the risks involved with allowing participants and athletes to continue to play while symptomatic, the methods of concussion assessment, and the importance of gradual return to recreation programs or team practices.

### **Procedures:**

- 1) Any member participating in any of the Scadding Court physical recreation programs who suffers a SUSPECTED concussion must stop participation in the physical recreational activity immediately.
- 2) If there is doubt as to whether a concussion has occurred, it is to be assumed that it has and that parents/guardian to be encouraged to have the injury properly diagnosed at a hospital ASAP.
- 3) Any program member who participates in any of the Scadding Court physical recreation programs and who is diagnosed by a medical Doctor with any grade of concussion must stop participation in all activities immediately.
- 4) Recreation program staff are responsible to recommend to the individual's parent or guardian that they seek medical attention immediately, especially if the injury incurred in any form of physical recreational activity participation.
- 5) Any member participating in any of the Scadding Court physical recreation programs who has stopped participating in the Centre's recreation activities is not permitted to return to any physical activity until written permission is given by a medical Doctor on the *Post Concussion Return To Program* form.
- 6) Copies of such documentation MUST be submitted to the Program Director prior to the participants return to any recreational programs involving physical activity.