

# **Sault Accessible Sports Inc Concussion Policy**

The definition of concussion given below is adapted from the definition provided in the concussion protocol in the Ontario Physical Education Safety Guidelines.

A concussion:

- is a brain injury that causes changes in the way in which the brain functions and that can lead to symptoms that can be physical (e.g., headache, dizziness), cognitive (e.g., difficulty in concentrating or remembering), emotional/behavioural (e.g., depression, irritability), and/or related to sleep (e.g., drowsiness, difficulty in falling asleep);
- may be caused either by a direct blow to the head, face, or neck or by a blow to the body that transmits a force to the head that causes the brain to move rapidly within the skull;
- can occur even if there has been no loss of consciousness (in fact most concussions occur without a loss of consciousness);
- cannot normally be seen by means of medical imaging tests, such as X-rays, standard computed tomography (CT) scans, or magnetic resonance imaging (MRI) scans.

Since concussions can only be diagnosed by a medical doctor or a nurse practitioner, activity facilitators and volunteers cannot make the diagnosis of concussion.

## **Prevention**

All participants, coach and volunteers must wear CSA approved protective headwear when on the ice during sledge hockey activities.

All participants, coaches and volunteers who require use of a wheelchair must remain in their chair unless assisted by a individual trained in body transfers.

No activities will be allowed that can potentially cause a head injury.

## **Identification**

Any individual participating in a Sault Accessible Sports, sporting activity, that incurs an incident which results in a possible concussion will be removed from the activity to a safe place for further evaluation.

Once preliminary concussion protocol evaluation has been completed the injured person may be asked to:

- attend the local emergency room for further evaluation
- seek further evaluation with their family physician
- refrain from further participation for duration of current activity
- remain in a quiet place for no less than 30 minutes before returning to activity

Signs and symptoms of a concussion may include:

- Headache or a feeling of pressure in the head.
- Temporary loss of consciousness.

- Confusion or feeling as if in a fog.
- Amnesia surrounding the traumatic event.
- Dizziness or "seeing stars"
- Ringing in the ears.
- Nausea.
- Vomiting
- Delayed response to questions
- Appearing dazed
- Fatigue

Seek emergency care for an adult or child who experiences a head injury and symptoms such as:

Repeated vomiting

- A loss of consciousness lasting longer than 30 seconds
- A headache that gets worse over time
- Changes in his or her behavior, such as irritability
- Changes in physical coordination, such as stumbling or clumsiness
- Confusion or disorientation, such as difficulty recognizing people or places
- Slurred speech or other changes in speech

### **Return to Activity**

If an individual has been determined to have experienced concussion symptoms and asked to stop participating for the duration of the current activity, they will be required to produce a doctor's note denoting that they are clear of all concussion symptoms.