

POLICY: CONCUSSION MANAGEMENT

The Dufferin Club of Brantford (DCOB) is committed to the health and well-being of all employees and participants. The Board is committed in building awareness, prevention, identification and management of concussions and/or head injuries to reduce increased risk. This policy will provide awareness on how to properly assess and manage a concussion incident as well as how to help minimize these incidents from occurring. All DCOB employees, will be made aware of common symptoms and signs of a concussion and trained to properly manage a potential concussion incident.

RELATED POLICY PROCEDURES/GUIDELINES

Definition

A concussion:

- is a brain injury that causes changes in how the brain functions, leading to symptoms that can be physical (e.g., headache, dizziness), cognitive (e.g., difficulty concentrating or remembering), emotional/behavioural (e.g., depression, irritability) and/or related to sleep (e.g., drowsiness, difficulty falling asleep);
- may be caused either by a direct blow to the head, face or neck, or 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); and,
- cannot normally be seen on X-rays, standard CT scans or MRIs.

Any individuals, who display any one of the following symptoms, where a concussion is suspected, should seek medical attention. Individual complaints may include, but are not limited to:

- dizziness
- headache
- nausea or vomiting
- feeling dazed
- seeing stars or flashing lights
- ringing in the ears
- sleepiness
- loss of vision
- double or blurry vision
- stomach ache
- sensitivity to light or noise

What you may observe in an individual with a possible concussion:

- poor coordination or balance
- blank stare/ glassy-eyed
- slurred speech
- slow to answer questions or follow directions
- poor concentration
- easily distracted
- strange or inappropriate emotions (e.g. laughing, crying, getting mad easily)
- not playing as well as usual

Individuals with a possible concussion may experience symptoms of mental confusion such as:

- does not know the time, date, place, own name or type of activity playing in
- general confusion
- cannot remember things that happened before or after the injury

TREATMENT: When an individual is suspected of having a concussion, but is conscious:

- remove the individual from play or work and do not allow them to return
- do not leave them alone
- monitor them for signs and symptoms of a concussion
- seek medical attention
- if the affected individual is a minor, contact parents immediately and request that child be picked up from activity

When an individual is suspected of having a concussion and is unconscious:

- call 911 immediately
- seek out someone who is certified in CPR and First Aid while waiting for paramedics
- do not move the individual or remove any athletic equipment
- do not leave the individual alone, adult supervision is essential
- wait for paramedics to arrive

FILL OUT AN ACCIDENT FORM AS SOON AS POSSIBLE.

PREVENTION TIPS:

- Practice Fair Play.
- Respect the rules of the game, practice or sporting activity.
- Wear protective equipment that is properly fitted, is in good working condition, and is appropriate for the sporting activity.
- Monitor players for signs and symptoms of a concussion.
- If signs and symptoms are noticed stop the activity and seek medical attention immediately.
- Before resuming any activity always get medical clearance from a professional.

RECOVERY TIME: Seek advice from your health care professional for advice on post-concussion care and keep in mind the following:

- The return to play or work process is gradual, and begins after a physician has given the participant or employee clearance to return to activity. If any symptoms/signs return during this process, the participant or employee must be re-evaluated by a physician. If any symptoms or signs persist there is no return to play or work. Remember, symptoms may return later that day or the next, not necessarily when active. A player who returns to active play before full recovery from the first concussion is at high risk of sustaining another concussion, with symptoms that may be increased and prolonged.

Excerpted from the Ministry of Tourism, Culture and Sport – Concussion Guidelines. These Informational Guidelines have been prepared for general informational purposes only. They are not intended to and do not constitute any medical advice and do not contain any medical diagnoses, symptom assessments or medical opinions.

Appendix A: Common Signs and Symptoms of a Concussion

Possible Signs Observed A sign is something that will be observed by another person	Possible Symptoms Reported A symptom is something the individual will feel/report
<p>Physical</p> <ul style="list-style-type: none"> • vomiting • slurred speech • slowed reaction time • poor coordination or balance • blank stare/glassy-eyed/dazed or vacant look • decreased playing ability • loss of consciousness or lack of responsiveness • lying motionless on the ground or slow to get up • amnesia • seizure or convulsion • grabbing or clutching of head <p>Cognitive</p> <ul style="list-style-type: none"> • difficulty concentrating • easily distracted • general confusion • cannot remember things that happened before and after the injury • does not know time, date, place, class, type of activity in which he/she was participating • slowed reaction time (e.g., answering questions or following directions) <p>Emotional/Behavioural</p> <ul style="list-style-type: none"> • strange or inappropriate emotions (e.g., laughing, crying, getting angry easily) <p>Sleep Disturbance</p> <ul style="list-style-type: none"> • drowsiness • insomnia 	<p>Physical</p> <ul style="list-style-type: none"> • headache • pressure in head • neck pain • feeling off/not right • ringing in the ears • seeing double or blurry/loss of vision • seeing stars, flashing lights • pain at physical site of injury • nausea/stomach ache/pain • balance problems or dizziness • fatigue or feeling tired • sensitivity to light or noise <p>Cognitive</p> <ul style="list-style-type: none"> • difficulty concentrating or remembering • slowed down, fatigue or low energy • dazed or in a fog <p>Emotional/Behavioural</p> <ul style="list-style-type: none"> • irritable, sad, more emotional than usual • nervous, anxious, depressed <p>Sleep Disturbance</p> <ul style="list-style-type: none"> • drowsy • sleeping more/less than usual • difficulty falling asleep

Signs and symptoms can appear immediately after the injury or may take hours or days to emerge. Signs and symptoms may be different for everyone.