



POLICY & PROTOCOL FOR CONCUSSION MANAGMENT

Policy Statement: (Objective/Purpose)

The Brantford City Soccer Club has launched a Concussion Management Standard to bring awareness to concussion risk, signs and symptoms and prevention tips. The Brantford City Soccer Club plays an important role in supporting this awareness through fair play, zero tolerance of violence, vandalism and inappropriate behaviour of all participants.

The Ministry of Tourism, Culture, and Sport reports that more than 40% of brain injuries in children and youth who visited the emergency department occurred in sport and recreation based activities. In 2010-2011, 19,880 Ontario residents visited an emergency room for a child with a concussion. Concussion symptoms can appear right away or several hours after an incident and can last anywhere from days to months.

Building upon this awareness, the following process has been implemented:

1. A Concussion brochure promoting concussion awareness will be distributed to all players.
2. Concussion information on our webpage promoting information and links on guidelines to follow.
3. A Protocol in place for our Rep and House League Coaches to follow if a player has a concussion.

Related Policy Procedures/Guidelines:

What is a concussion?

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 by either a direct blow to the head, face or neck, or 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 no loss of consciousness;
- Cannot normally be seen with x-rays, CT scans or MRIs.

Signs and symptoms of a concussion

Any player, who displays any one of the following symptoms, where a concussion is suspected, should seek medical attention,

Player's complaints may include, but are not limited to:

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

What you may observe in a player 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

Players with possible concussions may experience **thinking problems, such as:**

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

Treatment:

When a player is suspected of having a concussion, but is conscious:

- remove them from play or practice and follow the pocket guidelines for questions
- do not allow them to return to play or practice
- do not leave them alone
- monitor them and seek medical attention

When a player is suspected of having a concussion, but is unconscious:

- call 911 immediately
- do not move them or remove any equipment
- Summon certified personal in Standard First Aid and CPR (if available) to address the individual while waiting for EMS to arrive
- never leave them alone

Prevention Tips:

- Practice Fair Play
- Respect the laws of the game and all rules at game and practices
- Wear the proper protective equipment and ensure that its fitted correctly and in good working condition
- Follow the Return to Play Guidelines and monitor players for any signs and symptoms
- Stop play or practice immediately if any signs or symptoms return or are noticed; then seek medical attention
- Always receive medical clearance from a professional before resuming practice or playing.

Recovery Time:

Players should seek advice from health care professional on post-concussion care and keep in mind the following:

- Get plenty of rest and maintain a regular sleep schedule.
- Make sure to avoid high-risk/high-speed activities that could result in another bump, blow, or jolt to the head or body.
- Be aware that it takes time! Signs and symptoms could last anywhere from 7-10 days or longer if a player doesn't follow the advice given to them by a medical professional.
- Follow the Return to Play Guidelines and have medical note for clearance to play in games and practices.

Related Protocol Procedures:

If a player in any division shows any signs or symptoms of a concussion or is unconscious they must follow the following protocol:

- Be removed from the game or practice immediately
- Follow the Pocket Concussion Recognition Tool (if needed)
- Seek medical attention (call 911 if needed)
- To return to play or practice the player must have a Doctor's note
- Must follow the Return to Play Guidelines
- All injuries are to be reported to the office

COACHES CERTIFICATIONS:

Rep Division:

- Someone on coaching staff (e.g. head coach, assistant coach, manager or trainer) **must have Standard First aid with CPR Level C** certification and be present at all games and practices, this must be complete prior to May 1st of the season.
- Coaching staff must take the NCPP Concussion Training
- All certifications must be shown, copied and copy kept on record at the Brantford City Soccer Club Office
- All players must sign a Player Code of Conduct agreeing to follow the Concussion Protocol and return it to the office within two (2) games
- All injuries are to be reported to the office

House League:

- Coaches and assistant coaches have option to take NCPP Concussion Training
- All injuries are to be reported to the office

Date of Policy:
January 2019
Date of Next Review:
January 2022