

CONCUSSION POLICY

Effective: September 2014
Reviewed or Revised: December 2017

Purpose

The long term effects of concussions can be very serious and this policy has been developed to reflect the standards that protect the members and visitors who come to the facility to partake in exercise, sports and recreation. These guidelines are created to minimize the risks associated with concussions.

What is a concussion?

Concussions are caused when there is a jarring in the brain that causes it to make contact with the inside of the skull.

Concussions may not only be the result of contact with the head, but may also be caused by extreme shaking or contact to other parts of the body such as when a person is body checked.

An individual does not have to lose consciousness to sustain a concussion. The long term damaging effects of concussion can occur from one single event from multiple events.

Identifying Signs and Symptoms of a Concussion

There are a number of signs or symptoms that would indicate that an individual has sustained a concussion. The individual may complain of nausea. Other may observe irritability in the individual. The following are just some of the signs and symptoms that may be experienced:

- Blurred Vision
- Neck Pain
- Loss of Consciousness
- Memory Problems
- Vomiting
- Sadness
- Sensitivity to Light
- Seizures or Convulsions
- Fatigue
- Dizziness
- Confusion
- Difficultly Concentrating

A full list of signs and symptoms can be found by visiting:

www.parachutecanada.org/thinkfirstcanada

It is important to note these symptoms may not occur immediately. Symptoms may start to show hours after the incident. Symptoms may also worsen throughout the day.

Procedures

All injuries sustained while at Variety Village shall be documented using Variety's Incident Report form.

Any child or youth who has, or who has been suspected of having a concussion will be removed from any physical activity until such time as appropriate to the injury of as dictated by a physician.

Injury No Symptoms

- If a child or youth has an injury which may have caused a concussion, even if they are not immediately exhibiting any signs, they must be removed from any physical activity for the remainder of the day and/or program.
- The child or youth must be observed throughout the day for any signs or symptoms.
- The incident must be communicated to the child's or youth's parent or guardian.
- If no symptoms are reported for the next 24 hours, the child or youth may return to normal activities the following day.

Injury Concussion Suspected

- If a child or youth has an injury and they are demonstrating any signs or symptoms, or the injury is of a nature that it may be believed that a concussion has occurred (keeping in mind that symptoms do not always present immediately), the child or youth must be removed from all physical activity, and the parent/guardian contacted and advised to seek medical attention.
- The incident must be documented according to Variety's Incident Report policy.
- The child or youth may not return to physical activity until cleared by a physician to do so.

Serious Injury of Loss of Consciousness

- If a child or youth has a serious injury or loses consciousness, 911 must be called and the child/youth sent to the hospital.
- The parent/guardian must be informed and an Incident Report filed.
- The child or youth may not return to any physical activity without documented clearance from a physician.

Repeated Concussions

- Once someone has sustained a concussion they are a greater risk of sustaining another.
- Multiple concussions can lead to permanent brain damage.

- Any child or youth you has two or more concussions within a period of six months may not be permitted to participate in physical activities without additional medical documentation.

Responsibilities and Consequences

Variety Village will:

- Ensure that policy guidelines are being followed by all employees and volunteers.
- Ensure that Variety Village Coaches complete a 90 minute e-learning training module at <https://headsup.cdc.gov>
- Create alternative activities for children and youth who must sit out during sporting events.
- Provide training on recognizing the signs and symptoms of concussions to its employees and volunteers as well as procedures to be followed in the event of a concussion.

Employees and Volunteers:

- Employees and volunteers should limit and monitor activities that lead to concussions.
- Employees and volunteers may exercise the right to prevent a child or youth from participating in an activity if they feel it is in the child's youth's best interest to do so, even if they have been given clearance from a physician.
- Employees and/or volunteers who allow a child or youth to play after a concussion has been suspected shall face disciplinary action as outlined in Variety's Progressive Discipline policy.
- All accidents must be reported even if they seem to be minor in nature.

Parent/Guardians, Children and Youth:

- Children and youth participating must inform on of the Variety Village employees if they are injured, if it has not been witnessed.
- Children and youth must inform a Variety Village employee if they have had an injury, even if was not sustained that day, and are now experiencing any symptoms of a concussion.
- Parents and/or guardians must provide medical documentation allowing a child or youth to participate after a concussion.
- Parents and/or guardians must inform Variety Village in the event that their child has sustained a concussion prior to participating in any events.