



Concussion Policy

Intent

Tropicana Community Services understands the seriousness and long term effects of concussions and has developed this policy to create standards to protect the children under our care. The intent of this policy is to create guidelines in accordance with [Bill 39, Education Amendment Act \(Concussions\)](#) in order to mitigate the risks associated with concussions.

Guidelines

- Tropicana Community Services does not allow any contact sports to be played.
- All game rules and regulations are clearly communicated to all players including no contact rules.
- Consequences for physical contact is clearly communicated.
- All staff shall be trained in spotting the signs of concussions and shall never allow a child to continue to participate if a concussion has or may have occurred.
- Staff shall be informed of the serious nature of concussion and their prevention measures.

Concussion Information

- 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 body-checked.
- Concussions may be sustained even if an individual has not lost consciousness.
- The long term damaging effects of concussion can occur from one single event or from multiple events.

Signs and Symptoms of a Concussion

- Individuals who have sustained a concussion may show a number of signs or symptoms. Symptoms would be something that the person expresses they feel such as nausea, whereas signs are something that others observe such as irritability.
- The following are some of the signs and symptoms according to ThinkFirst that are common with a concussion*:
 - Blurred vision
 - Confusion
 - Dizziness
 - Neck pain
 - Nausea and vomiting
 - Sensitivity to light
 - Difficulty Concentrating
 - Sadness
 - Highly emotional
 - Fatigue
 - Memory problems
 - Balance problems
 - Feel "off" or slowed down
 - Loss of Consciousness



- Seizures or convulsions

**For a full list of signs and symptoms please visit [ThinkFirst](#).*

- Symptoms of a concussion may not occur immediately but may instead show hours after the initial incident.
- Initial symptoms may also worsen throughout the day.

Procedures

- All injuries sustained while at Tropicana Community Services shall be documented using the (Accident Reporting Policy).
- Any child 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 or as dictated by a physician.

Injury No Symptoms

- If a child 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.
- The child must be observed throughout the day for any signs or symptoms.
- The incident must be communicated to the child's guardian.
- If no symptoms are reported by the parents or any staff for the next 24 hours they may return to normal play the following day.

Injury Concussion Suspected

- If a child 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 appear immediately), the child must be removed from all physical activity, and their parents contacted and advised to take the child to the doctor.
- The incident must be documented and the child may not return to physical activities until they have been cleared to do so by a physician.

Serious Injury or Loss of Consciousness

- If a child has a serious injury or loses consciousness 911 must be called and the child sent to the hospital.
- The parents must be informed and a report filed.
- The child may not return to any physical activity without documented clearance from a physician.

Repeated Concussions

- Once someone has sustained a concussion they are at greater risk of sustaining another.
- Multiple concussions can lead to permanent brain damage.
- Any child who has two or more concussions with in a period of (six months) may not be permitted to participate in physical activities without additional medical documentation.

Responsibilities and Consequences

Tropicana Community Services

- Ensure that all parents and employees are aware of the concussion policy.



- Ensure that all guidelines are being followed by all staff without exception.
- Create alternative activities for children who must sit out during sporting events.
- Provide training on recognizing the signs and symptoms of concussion to its employees as well as procedures to be followed in the event of a concussion.

Facilitating Staff

- Staff/Volunteers should limit and monitor activities that may lead to concussions.
- Staff/Volunteers may exercise the right to prevent a child from participating in an activity if they feel it is the child's best interest even if the child has been cleared to play.
- Staff/Volunteers who allow a child to play after a concussion has been suspected shall face disciplinary action up to and including termination of employment.
- All accidents must be reported even if they seem inconsequential.

Guardians and Children

- Children participating must inform one of the employees if they are injured, if it has not been witnessed.
- Children must inform employees if they have had an injury, even if it was not sustained that day, and are now experiencing any symptoms of a concussion.
- Guardians must provide medical documentation allowing a child to participate after a concussion when requested.
- Guardians must inform Tropicana Community Services in the event that their child has sustained a concussion prior to participating in any events.

Privacy

All medical information collected by Tropicana Community Services will be handled, stored and maintained in accordance with our Privacy Policy. All medical information will be kept confidential and collected only for the purpose of ensuring safe play.

Acknowledgement and Agreement

I, (Employee Name), acknowledge that I have read and understand the Concussion Policy of Tropicana Community Services. I agree to adhere to this Policy and will ensure that employees working under my direction adhere to this Policy. I understand that if I violate the rules of this policy, I may face disciplinary action, up to and including termination of employment.

Name: _____

Signature: _____

Date: _____

Witness: _____