

SPORT FOR LIFE SOCIETY GUIDELINES

TITLE: CONCUSSION GUIDELINES	
Date Created: January 18, 2016	Number of Pages: 2

1. DEFINITIONS

- 1.1. "Concussion"
- Is a brain injury that causes changes in how the brain functions, leading to symptoms that can be:
 - o physical (e.g., headache, dizziness)
 - o cognitive (e.g., difficulty concentrating or remembering)
 - o emotional/behavioural (e.g., depression, irritability) and/or
 - o 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 loss of consciousness occurs in only about 5% of concussions.
 - Cannot normally be seen on X-rays, standard CT scans or MRIs
- 1.2. "Sport for Life Representative" – Any individual employed by, or engaged in activities on behalf of, Sport for Life Society including: employees, contractors, volunteers, researchers, Directors of the Board, Members, committee members, and administrators.

2. PURPOSE

- 2.1. The aim of these guidelines is to ensure the safety and well-being of all participants in Sport for Life Society programs.
- 2.2. These guidelines are based on the [Concussion Guidelines](#) developed by the Ontario Ministry of Tourism, Culture and Sport.
- 2.3. 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.

3. APPLICATION

- 3.1. These guidelines shall apply to Sport for Life representatives engaged in the business and activities of Sport for Life Society.

- 3.2. Sport for Life Society values the well-being and safety of all Sport for Life representatives, and believes that all Sport for Life representatives must take a responsible, preventative approach in providing a safe environment for all, with the intention of avoiding accidents and injuries before they happen.
- 3.3. Sport for Life Society believes it must take a responsible preventative approach in minimizing all aspects of risk arising from its business and activities.
- 3.4. Sport for Life Society believes that all Sport for Life representatives play an important role in identifying, assessing, controlling and minimizing all aspects of risk to the Society arising from its business and activities.

4. PROCEDURES

- 4.1. Refer to the [Ministry of Tourism, Culture and Sport – Concussion Guidelines](#) for additional information on the procedures for initial response, medical examination, and return to physical activity.