

## SPORT FOR LIFE SOCIETY GUIDELINES

<b>TITLE: CONCUSSION</b>	
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### 1. DEFINITIONS

- 1.1. **Representative(s)** - Any individual elected, acclaimed or appointed by Sport for Life Society, or engaged under an executed written agreement with Sport for Life Society as an employee, volunteer, or independent contractor to provide services on behalf of Sport for Life.
- 1.2. **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
    - sleep-related (e.g., sleeping more or less, difficulty falling asleep)
  - May be caused either by a blow to the head, face or neck, or a blow to the body that jars your head could cause a concussion.
  - 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
- 1.3. In all suspected cases of concussion, the person should stop the activity right away. Continuing increases the risk of more severe, longer-lasting concussion symptoms and other injuries. Anyone with a suspected concussion should be checked out by a medical doctor.
- 1.4. Red Flags: If any red flag symptoms are present, call an ambulance right away. These may be signs of a more serious injury.
- Neck pain or tenderness
  - Neck pain or tenderness
  - Double vision
  - Weakness or tingling in arms or legs
  - Severe or increasing headache
  - Seizure or convulsion
  - Loss of consciousness (knocked out)
  - Deteriorating conscious state
  - Vomiting more than once
  - Increasingly restless, agitated or combative
  - Growing confusion

## **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 information from [www.parachutecanada.org](http://www.parachutecanada.org) and <https://parachute.ca/en/injury-topic/concussion/>
- 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. Additional Resources**

- 4.1. Resources available:
- 4.2. <https://www.casem-acmse.org/resources/resource-directory/>