

Concussion (Mild Traumatic Brain Injury) Policy

PURPOSE

Although no standard definition exists universally on “concussions” FECC recognizes a concussion as a mild traumatic brain injury, and has developed this policy to direct staff, volunteers and members on the club’s prevention; identification; and management and treatment for a suspected concussion.

DEFINITION *from the Ministry of Health and Long Term-Care’s website*

“A concussion can occur from a blow to the head or body that causes the brain to move rapidly back and forth within the skull. It is a brain injury that causes changes in how the brain functions, leading to symptoms that may include:

- Headache;
- Dizziness;
- Difficulty concentrating or remembering;
- Depression or irritability; and
- Drowsiness or difficulty falling asleep.”

POLICY

In the event of an injury, either observed, suspected, reported, obvious, or otherwise, the suspected injured individual will be assessed for a potential concussion. This policy is to be followed by FECC Board members, staff, volunteers, members and visitors at all times when attending FECC programs, special events or attending the Forest Edge Community Pool.

Prevention

It is the policy of FECC that all club activities will be conducted with the focus on minimizing risk to potential concussions. Recognizing that the development of a concussion is more likely with increased physical activity, including use of a swimming pool, it is FECC’s policy to assure all staff are made aware of this policy and that it is posted for all members to access on our webpage and onsite at our pool. Further to this, all staff or volunteers who lead any programming are required to have a current/valid Standard First Aid Certificate.

Identification

Assessment of the suspected injury will be conducted by the most qualified individual present, and will follow the steps outlined in the “Pocket CONCUSSION RECOGNITION TOOL™”+. If qualified to do so, the assessor will use the Sport Concussion Assessment Tool 3rd edition (SCAT3) or the Child-SCAT3, depending on the age of the child. These forms are posted on the pool’s bulletin board and are bound with this policy for use off site at club activities. **It is a requirement that all staff/volunteer leaders for any FECC program carries with them a copy of these documents and a first aid kit to any event/activity/FECC run program.**

If a head injury or concussion is confirmed the injured individual will be required to seek medical attention prior to returning to programming. If the injured person is under the age of eighteen (18) the parents/guardian will be contacted immediately.

Correspond with us:

1051 Wonderland Road South
PO Box 21053
London, Ontario, N6K 0C7
community@forestedgeclub.ca

The Heartbeat of Westmount!

Come swim with us:

427 Village Green Avenue
London, Ontario, N6J 1Z1
(519) 473-1724
swim@forestedgepool.ca

Management & Treatment

The Ministry of Tourism, Culture and Sport *Concussion Guidelines will be used as a guide on the management and treatment for a concussion.

ADDITIONAL INFORMATION

Ministry of Health and Long-Term Care: Information on Concussions

<http://www.health.gov.on.ca/en/public/programs/concussions/resources.aspx>

VERSION

Last Reviewed May 2014. Version 1.0