

GNAG-Concussion Policy

Intent

GNAG understands the seriousness and long-term effects of concussions and has developed this policy to create standards to protect the children and youth 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

- GNAG offers a wide range and opportunity of recreational sports for all ages.
- All physical activity rules and regulations are clearly communicated to all participants.
- Should there be physical contact with the intent to cause physical injury, consequences will be clearly communicated to the participants.
- All employees and volunteers shall be trained in spotting the signs of concussion and shall never allow a child or youth to continue to participate if a concussion has or may have occurred or suspected.
- Employees and volunteers 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 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

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 a GNAG program shall be documented using an Incident Report.
- The effects of multiple concussions are extremely dangerous; the brain is more prone to permanent damage after a concussion.
- 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 or 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/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/guardian.
- If no symptoms are reported by the parent/guardian or any employee/volunteer for the next 24 hours the child or youth may return to normal play the following day/program period

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 appear immediately), the child or youth must be removed from all physical activity, and their parent/guardian contacted and advised to seek medical attention.
- Staff member will follow-up with parent / guardian within 24 hours.

- The incident must be documented and the child or youth 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 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 a 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 at greater risk of sustaining another.
- Multiple concussions can lead to permanent brain damage.
- Any child or youth who 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

GNAG will:

- Ensure that all parents/guardians, employees and volunteers are aware of the concussion policy.
- Ensure the policy guidelines are being followed by all employees and volunteers without exception.
- Create alternative activities for children and youth who must sit out during a sporting / physical activity.
- Provide training on recognizing the signs and symptoms of a concussion to its employees and volunteers as well as procedures to be followed in the event of a concussion.

Employees and Volunteers will:

- Employees and volunteers should limit and monitor activities that may lead to a concussion.
- 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 or youth's best interest even if the child has been cleared to play.
- Employees and/or volunteers who allow a child or youth 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.

Parents/Guardians and Children will:

- Children/youth participating must inform one of the employees and/or volunteers

if they are injured, if it has not been witnessed.

- Children/youth must inform employees and/or volunteers if they have had an injury, even if it was not sustained that day, and are now experiencing any symptoms of a concussion.

- Parents/Guardians must provide medical documentation allowing a child or youth to participate after a concussion when requested.

- Parents/Guardians must inform GNAG in the event that their child has sustained a concussion prior to participating in any events.

Privacy

All medical information collected by GNAG will be handled, stored and maintained in accordance with our Privacy Policy.

All medical information will be kept confidential in accordance with our Privacy Policy and Confidentiality Agreement and collected only for the purpose of ensuring safe play.