



CONCUSSION AWARENESS, PREVENTION AND MANAGEMENT Policy
Ontario Association of Archers Inc.

DRAFT POLICY DOCUMENT – for approval at AGM in Fall of 2018

CONCUSSION AWARENESS, PREVENTION AND MANAGEMENT

Policy Developed by: OAA Members Organization Representatives

Policy Approved by Motion ____ : OAA Board Representatives

Draft posted – Aug. 2018 – NEW - / Up for adoption, by motion, at Fall AGM 2018

1.OBJECTIVE

This policy has been developed to provide a foundation for the OAA to support and promote concussion prevention and management strategies within sport, recreation and physical activity providing organizations in the Province of Ontario.

This policy has been prepared for general informational purposes only. It is not intended to and should not constitute any medical or legal advice and does not contain any medical diagnoses, symptom assessments or medical opinions.

2.DEFINITION*

A 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/behavioral (e.g., depression, irritability) and/or 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 most concussions occur without a loss of consciousness); and,
- cannot normally be seen on X-rays, standard CT scans or MRIs

**This definition adopted from the Ontario [Ministry of Tourism, Culture and Sport Concussion Guidelines](#)*

3.POLICY DEVELOPMENT PRINCIPLES

The OAA takes seriously the health and well-being of all participants in sport and recreation activities and is committed to helping all Canadians lead safe, healthy, active lives.

Although our sport does not have any reported cases of concussion, the OAA has a role to play in ensuring the safety of those participating in physical activity within our sport and for encouraging and motivating participants and activity-providing agencies to assume responsibility for their own safety and the safety of others.

Recognizing and responding properly to concussions when they first occur can help prevent further injury, permanent brain damage or even death. Awareness of the signs and symptoms of concussion and knowledge of how to properly manage a concussion is critical to recovery and helping to ensure the individual is not returning to physical activities too soon, risking further complications.

A concussion is a clinical diagnosis made by a medical doctor. It is critical that someone with a suspected concussion be examined by a medical doctor or nurse practitioner.

Concussion prevention and management should be positioned within broader injury management strategies that are adopted by organizations that provide sport, recreation and physical activity opportunities in their policies or action plans.

4.POLICY STATEMENT

OAA is committed to ensuring that all its stakeholders, including staff, volunteers and board members:

- Have knowledge on concussion prevention, detection and treatment
- Work, volunteer and manage an environment which minimized the risk of concussion
- Shares concussion information with its partners

5.PROCEDURES/PROVISIONS

The OAA has adopted the following guidelines from the [Play Safe Initiative](#).

In order to better prevent the occurrence of concussions and manage the trauma if and when it occurs, organizations that provide sport, recreation and physical activity opportunities should:

1. Be ready for an emergency

Create, communicate and practice an emergency medical plan. These plans often include contact information for local emergency medical responders and the location of trauma centers, if available.

Identify appropriately trained health care professional(s) for matches and training sessions to help assess and manage concussion and other injuries.

2. Ensure safety during activity

Although these measures may not particularly apply in general to our sport, they should be kept in mind during participation in all activities:

Recognize that an athlete may need to be assessed for limited activities during practices and matches after a concussive incidence, in particular for younger participants.

Modify certain practice drills /techniques to help reduce the risk of injury.

Check-in with athlete often to ensure equipment fits well, is in good condition, is stored properly, and is replaced according to manufacturers' instructions.

3. Build the science

Collect and analyze data from the number of concussions reported by participants during the calendar year an track during competitive season.

Study or evaluate changes in concussion knowledge, awareness and action among coaches, parents and participants before and after policies are instituted or changed.

4. Focus on education

Post information for all participants in sport and recreation facilities and/or have information pamphlets on site should the information be required. Posted information may include concussion signs and symptoms, as well as what to do if concussion occurs.

The organization may choose to host or mandate education sessions and invite participants, parents, coaches, officials and healthcare professionals. More information on brain injury basics is available [here](#).

5. Manage return to sport

Should a participant suffer a concussion, the organization would be wise to insist upon medical clearance before such participant returns to reengaging in their sport and/or any physical activities. This restriction should be assessed on an "as needed" and individual basis.

In addition, the OAA recommends to its affiliated sport organizations to reference the recommendations of the [Canadian Concussion Collaborative](#) (CCC) for policy development regarding sport-related concussion prevention and management in Canada.

We can help athletes stay active and healthy by knowing the facts about concussion and when athletes can safely to return to play. ONLINE resources and training are available [here](#).

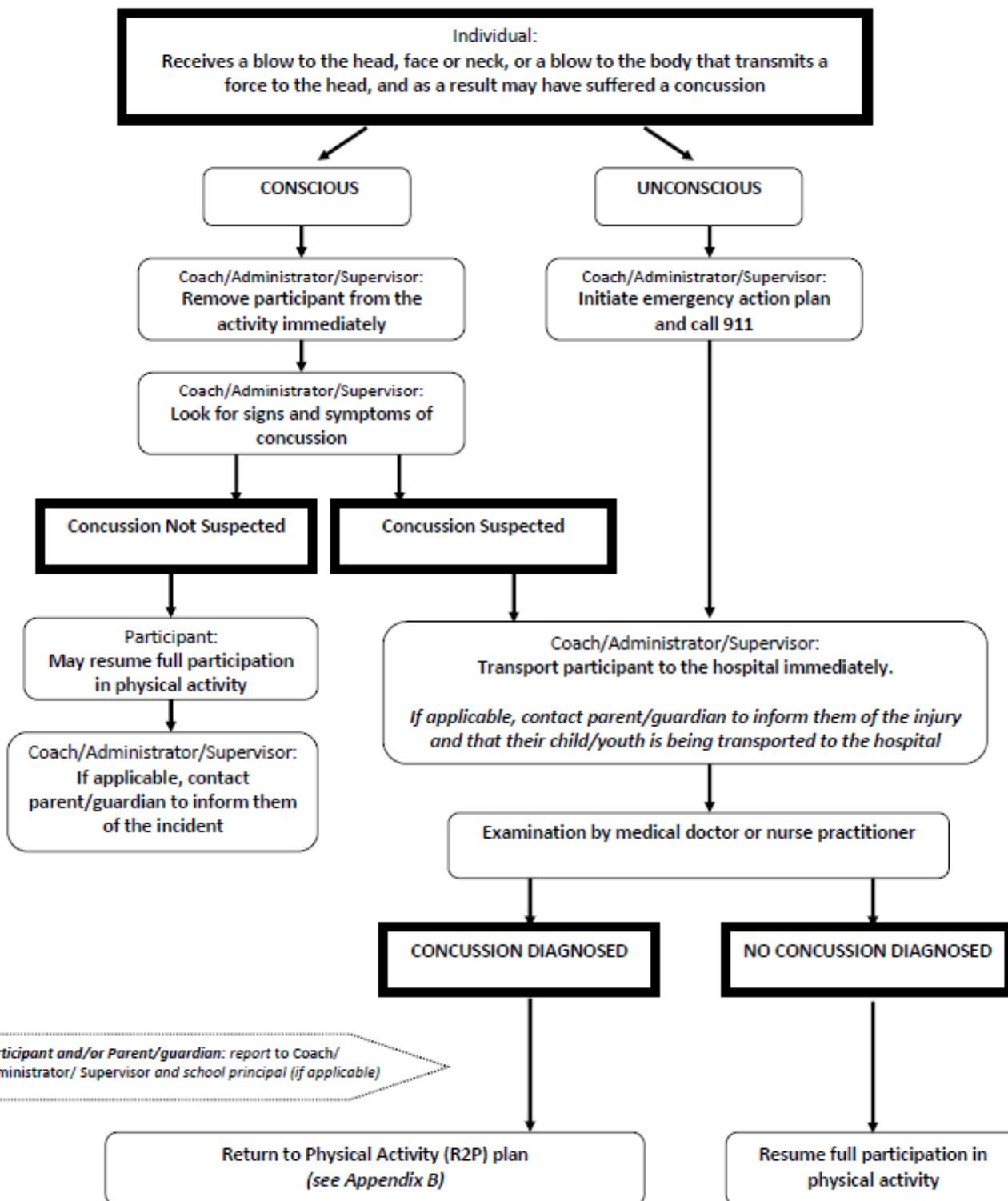
6. NEXT STEPS

6.1 **Appendix A:** Initial Response – Removal from Physical Activity

6.2 **Appendix B:** Return to Physical Activity (R2P)

Ministry of Tourism, Culture and Sport – Concussion Guidelines*

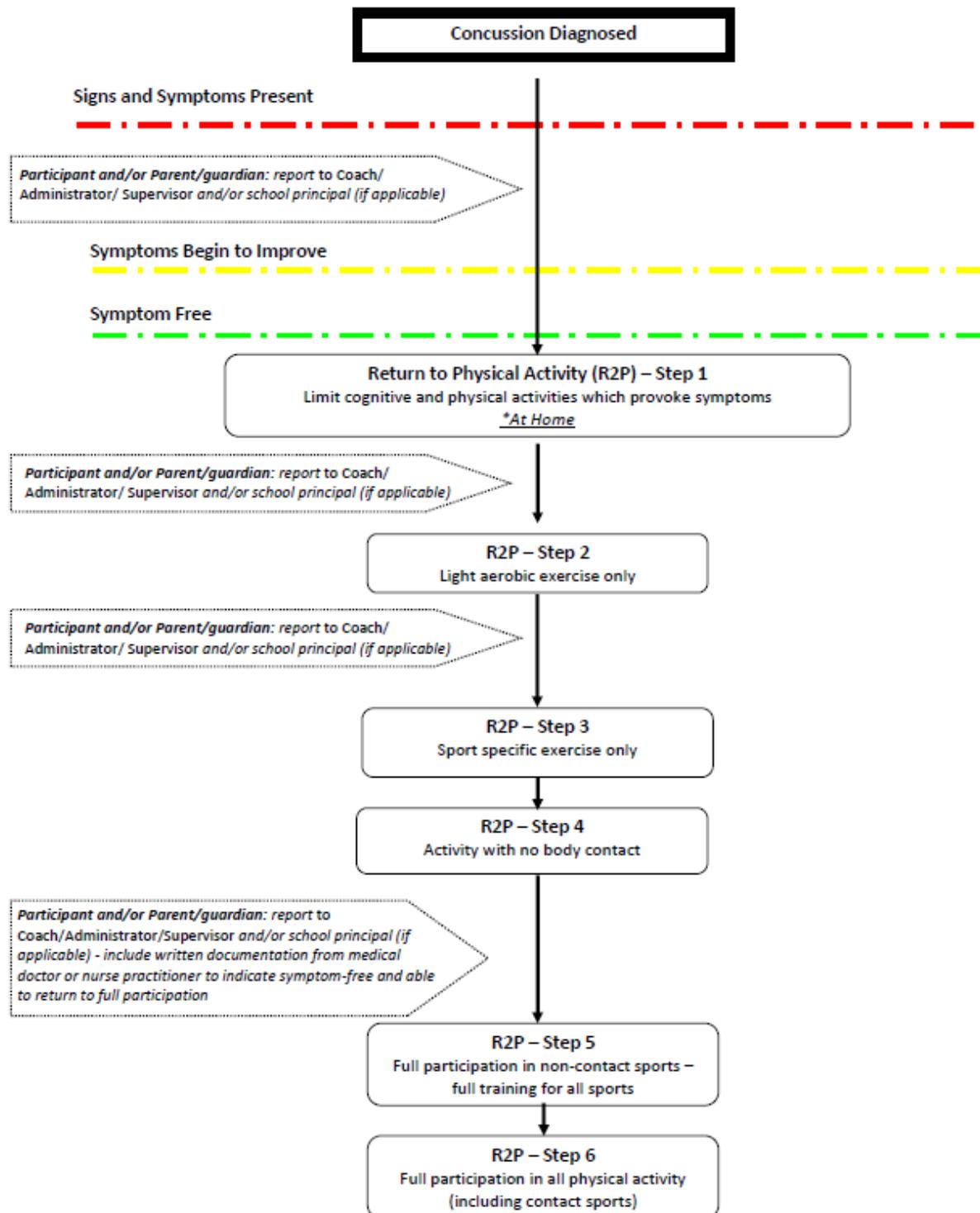
Appendix A: INITIAL RESPONSE – Removal from Physical Activity



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Ministry of Tourism, Culture and Sport – Concussion Guidelines*

Appendix B: RETURN TO PHYSICAL ACTIVITY (R2P)



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