



# Coldwater & District Curling Club and Recreation Centre

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## Concussion Policy

### **POLICY PURPOSE**

The Board of Directors have implemented a concussion management policy in order to ensure the safety of our curling participants.

### **DEFINITION**

A concussion is a traumatic brain injury that alters the way your brain functions. Effects are usually temporary but can include headaches and problems with concentration, memory, balance and coordination. (*Mayo Clinic, 2014*)

Second Impact Syndrome: Second impact syndrome is a very rare condition in which a second **concussion** occurs before a first concussion has properly healed, causing rapid and severe brain swelling and often catastrophic results. Second impact syndrome can result from even a very mild concussion that occurs days or weeks after the initial concussion. (*Brain and Spinal Cord Org, 2016*)

### **CAUSE**

A concussion is either by a direct blow to the head, face, or neck or by a blow to the body that transmits a force to the head that causes the brain to move rapidly within the skull. A concussion can occur even if there has been no loss of consciousness (in fact most concussions occur without a loss of consciousness). (Ministry of Tourism, Culture and Sport, "Concussion Guidelines", n.d.)

### **RESPONSE TO SUSPECTED CONCUSSION**

Concussions can only be diagnosed by a medical doctor or a nurse practitioner (*Mayo Clinic, 2014*); therefore, if a participant receives a direct blow to the head, face or neck or if a concussion is suspected then the manager on duty will call 911 for an ambulance. It will then be between the participant who has been injured and the ambulance attendees to determine if the participant requires further medical attention.

ADOPTED AUGUST 8, 2016