



TillsonburgFC Concussion Policy

Policy # 02
Approval Date: 2022-03-21
Application: TillsonburgFC Directors, Coaches, Officials, Volunteers, Players

Purpose

The purpose of the TillsonburgFC Concussion Policy is to commit all TillsonburgFC Directors, Coaches, Officials, Volunteers and Players to prioritizing the health and safety of players at all times and to ensure the alignment of TillsonburgFC's procedures with the best practices in soccer concussion protocols as identified and updated from time to time by Canada Soccer.

Background

A concussion is a brain injury. All concussions should be regarded as potentially serious. Most concussions recover completely with correct management. Incorrect management of a concussion can lead to further injury.

Concussions should be managed according to current guidelines.

Anyone with suspected concussion following an injury must be immediately removed from playing or training and receive a prompt assessment by a medical doctor or nurse practitioner. Concussions are managed by licensed health care professionals working within their scope of practice and expertise.

Concussions are managed by a limited period of rest followed by avoiding physical and brain activities that make concussive symptoms worse, and once concussion related symptoms have resolved, a stepwise return to school, work and sports-related activities.

Return to education or work must take priority over return to playing soccer.

Concussion symptoms must have completely resolved and documented medical clearance completed by a medical doctor or nurse practitioner must be received before resuming full contact practice or game play. The recurrence of concussion symptoms after the return to full contact practice or game play requires removal from training or playing and reassessment.

1. Policy

- 1.1. TillsonburgFC shall in all respects conform with the Canada Soccer Concussion Policy (2018) or as updated from time to time.
- 1.2. TillsonburgFC shall in all respects conform with the Government of Ontario's Concussion Safety legislation ("ROWAN's LAW")
- 1.3. TillsonburgFC shall require all Directors, Coaches, Officials, Volunteers, Players and Guardians of underage Players to review the Club's Concussion Awareness materials and TillsonburgFC's Concussion Procedure and acknowledge that review annually.



2. Procedure

- 2.1. Any player showing signs or symptoms of concussion, or in addition to other signs/symptoms, must be removed from play immediately, and not re-enter the game or practice.
- 2.2. Complaints of neck pain should be addressed immediately (concerns of neck / spinal injury).
- 2.3. All trainers, coaches, managers, and parents are to be familiar with this concussion protocol and comply with the TillsonburgFC Concussion Policy.
- 2.4. A Match Official may communicate their concerns with other team players, or technical staff.
- 2.5. For any loss of consciousness:
 - 2.5.1. Call 911 immediately.
 - 2.5.2. Do not move the player unless for safety reasons.
 - 2.5.3. Always remain with the athlete.
 - 2.5.4. Contact any family member immediately.
 - 2.5.5. Complete the necessary injury report and submit to Tillsonburg FC Board and OSC within 24 hours.

3. Resources

- 3.1. Concussion Awareness Resources and materials are made available for download or printing from the Government of Ontario at this address:

<https://www.ontario.ca/page/rowans-law-concussion-awareness-resources>

- 3.1.1. Ages 10 and Under
- 3.1.2. Ages 11-14
- 3.1.3. Ages 15 and Up
- 3.1.4. A Guide for Students & Athletes of All Abilities
- 3.1.5. A Supplementary Resource to the Guide for Students & Athletes of All Abilities