



## Concussion Policy

SIRC Supports and encourages the adoption of the Canadian Guideline on Concussion in Sport.

SIRC believes safe sport is a priority and all individuals and organizations involved in sport in Canada should be aware of the Canadian concussion protocols, including the 5 components of the harmonized concussion management approach (awareness, prevention, detection, management and surveillance).

A concussion is a brain injury that can't be seen on x-rays, CT or MRI scans. It affects the way an athlete thinks and can cause a variety of symptoms.

A concussion can be caused by any blow to the head, face or neck, or somewhere else on the body that causes a sudden jarring of the head may cause a concussion.

Although the formal diagnosis of concussion should be made following a medical assessment, all sport stakeholders including athletes, parents, teachers, coaches, officials, and licensed healthcare professionals are responsible for the recognition and reporting of athletes who may demonstrate visual signs of a head injury or who report concussion-related symptoms. This is particularly important because many sport and recreation venues will not have access to on-site licensed healthcare professionals.

As part of SIRC's mandate to provide professional development to its staff and Board, as well as education to the broader sport sector both domestically and internationally, SIRC promotes the concussion policies and toolkit created as a part of a harmonized program on the [SIRC.ca/concussion](https://www.sirc.ca/concussion) website.