

Canadian Sport Concussion Workshop

L'Atelier canadien sur les commotions cérébrales dans le sport

June 8th 2018 | Ottawa, ON | Canadian Museum of Nature

[#HeadstrongCanada](#) [#TenonstêteCanada](#)



Vertically Speaking
Verticalement parlant...

**Implementing the Protocols at All
Levels of Your Sport**
***Mise en œuvre des protocoles à
TOUS les niveaux du sport***



Manitoba

Shaping the future....now

- Province of Manitoba Concussion in **Youth** Sport Act....pending
- Recognizing good work being done by partners Sport Med & Science Council MB and Pan Am Concussion Clinic
- Creation of Sport MB Concussion Working Group

Support and Work with PSO's

Proactive NOT Reactive (Education and Awareness)

- Recognizing work that may already be happening at NSO level (ie Freestyle Ski – Alpine Canada)
- PSO...Communicate with your NSO, ask for updates
- Avoid duplication in development of tools to be used in the area of concussions.
- Creation of PSO Concussion Landing Pages

Legislation.....

- All youth sports organizations must have a *concussion protocol* in place that includes:
 - a. Pre-season education*
 - b. Mandatory removal from play for athletes with a suspected concussion*
 - c. Medical clearance from an MD or Nurse Practitioner (*nurse) prior to return to play*
- All schools must adopt a Return to Learn Program

Evidence Based



**Canadian Guideline
on Concussion in Sport**



This information is based on:

- The 5th International Consensus Statement on Concussion in Sport (McCrory et al., 2017)
- The Canadian Guideline on Concussion in Sport (Parachute, 2017)



Support and Work with PSO's

- Wave 1 & 2 Sports & high school sport
- Developing a PSO landing page
- Protocol Development – CCGS
- Ongoing Professional Development and Education Support (link to NCCP Making Headway Module)
- Provincial Workshop offers

PSO Landing Pages

Developing a PSO landing page

✓ <http://ringettemanitoba.ca/concussions/>

✓ <https://www.mbspeedskating.com/concussion-landing-page.html>

✓ <http://www.basketballconcussion.ca>

Ringette Landing Page

Concussions

Concussions can occur while participating in any sport or recreational activity. Since the circumstances under which a concussion can be sustained are so varied, it's important for all coaches, parents, and athletes to be aware of the signs, symptoms, and what to do if a concussion occurs. Ringette Manitoba is committed to increased education, awareness, and established protocols that will assist you in gaining the knowledge and skills required ensuring the safety of your athletes. We can all work together to ensure a safe sport environment.

PHYSICAL	COGNITIVE
 <ul style="list-style-type: none">• Dizziness• Nausea or vomiting• "Pressure in the head"• Headache• Balance problems• Sensitivity to light• Neck pain• Seizure or convulsion• Blurred vision• Loss of consciousness	 <ul style="list-style-type: none">• Sensitivity to noise• Feeling slowed down• Fatigue or low energy• Difficulty remembering• Confusion• Drowsiness• Difficulty concentrating• Amnesia
EMOTIONAL	SLEEP
 <ul style="list-style-type: none">• Irritability• Nervous or anxious• More emotional• Feeling like in a "fog"• "Don't feel right"• Sadness	 <ul style="list-style-type: none">• Insomnia - unable to sleep• Poor sleep quality• Sleeping too much

Concussions 101: A Primer for Kids and Parents (Youtube Video)



To view or download any of the following forms or documents, please click on the link associated with the document

[Ringette Manitoba Concussion Protocol](#)

HOW CAN I HELP PREVENT CONCUSSIONS AND THEIR CONSEQUENCES?
Concussion prevention, recognition and management requires athletes to follow the rules and regulations of their sport, respect their opponents, avoid head contact, and report suspected concussions

[Pre-season Concussion Education Sheet](#)

(includes Return to School and Return to Sport Strategy)

Ringette Landing Page

STEP 1. Concussion Recognition Tool

“Recognize & Remove”

Head impacts can be associated with serious and potentially fatal brain injuries. The Concussion Recognition Tool 5 is to be used for the identification of suspected concussion. It is not designed to diagnose concussion.

STEP 2. Medical Assessment Tool

This document can be used by an athlete’s Physician or Nurse Practitioner as the official “Medical Assessment Tool”

STEP 3. Medical Clearance Letter

Athletes who are diagnosed with a concussion should be managed according to the Canadian Guideline on Concussion in Sport including the Return-to-School and Return-to-Sport Strategies. No athlete that has been diagnosed and is being treated for a concussion can be “returned to play” without presenting the Medical Clearance Letter.

STEP 4. “Return to Play” Protocol

A CONCUSSION is a serious event, but you can recover fully from such an injury if the brain is given enough time to rest and recuperate. Returning to normal activities, including sport participation, is a step-wise process that requires patience, attention, and caution.

STEP 4. “Return to Play” Protocol

A CONCUSSION is a serious event, but you can recover fully from such an injury if the brain is given enough time to rest and recuperate. Returning to normal activities, including sport participation, is a step-wise process that requires patience, attention, and caution.

MISCELLANEOUS EDUCATION/AWARENESS TOOLS and INFORMATION

A parent’s Guide to dealing with concussions

<http://www.parachutecanada.org/downloads/resources/Concussion-ParentTipSheet.pdf>

Concussion Guidelines for Parents & Caregivers

<http://www.parachutecanada.org/downloads/resources/Concussion-Parents-Caregivers.pdf>

Concussion Guidelines for Coaches and Trainers

<http://www.parachutecanada.org/downloads/resources/Concussion-Coaches.pdf>

Concussion: The Basics

http://www.parachutecanada.org/downloads/resources/Concussion_Basics.pdf

Brain Injuries Fact Sheet

http://www.parachutecanada.org/downloads/resources/PARA_BrainInjuries.pdf

Support and Work with PSO's

Increased/Better Awareness within membership

- Coach & Managers Messaging
- Athlete Messaging
- Officials Messaging
- Parents Messaging
- Leagues, Clubs etc....

Challenges...not obstacles!

- Education & Awareness to the masses
- Rural and Northern Access
- Can the health system meet the demand?
- Ensuring people Understand the intent of legislation
- Managing data....ie Pre-season education sheet signed by parents & athlete

Critical Partnerships

- Parachute and the Canadian Guideline on Concussion in Sport.
- Sport Medicine & Science Council of MB
- Pan Am Concussion Clinic
- Coaching Association of Canada
- SIRC
- NSO's & PSO's
- Departments of Education and Health
- The people we serve....athletes/coaches/parents etc

Thanks!

Table Discussions:

What actions or decisions are you considering in light of what you heard?

Comment ces organisations ont-elles réussi à accroître la sensibilisation à l'égard des politiques et des protocoles sur les commotions cérébrales?

Is there more that the NSO/PSO community could or should be doing to encourage adoption of the protocols throughout the sport system?

Que peuvent faire de plus les ONS et les OPS pour sensibiliser les principaux intervenants (p. ex. athlètes, parents, entraîneurs, bénévoles, officiels) dans le cadre de leur sport respectif?

Are there other “We Are HEADSTRONG” campaign tools that would help educate athletes, parents, coaches, officials, administrators, etc.?

Quels autres outils et/ou contenus vous aideraient dans vos efforts de sensibilisation liés à l'adoption de politiques et de protocoles sur les commotions cérébrales dans votre sport?



SIRC



WE ARE
HEADSTRONG