

OAKVILLE SOCCER CLUB

CONCUSSION PROTOCOL



What is a concussion?

A concussion is a neurologic injury which causes a temporary disturbance in brain cells that comes from and is the result of an extreme acceleration or deceleration of the brain within the skull. The common misconception is that you must be hit in the head to cause a concussion injury – this is not true! Because a concussion is the result of acceleration or deceleration of the brain, a concussion can happen with a significant blow to anywhere on the body, provided sufficient acceleration/deceleration is transmitted to the brain tissue, head or face, there may be no other visible signs of a brain injury. It can cause changes in the brain that may not be seen in a CT scan or X-Ray. Balance, reaction time and cognitive skills can also be impacted.

What are the signs and symptoms of a concussion?

Symptoms of a concussion range from mild to severe and can last for or appear within hours, days, weeks, or even months. In some cases, there may be no symptoms at all. If you suspect a concussion, or notice any of the symptoms listed below, contact your doctor immediately. In severe cases, proceed to an Urgent Care Centre or Emergency Room immediately.

Visible Symptoms

• Loss of consciousness or responsiveness	• Loss of motion / slow to rise
• Unsteady on feet / balance issues	• Grabbing / clutching head
• Dazed, vacant or blank look	• Vomiting
• Disoriented	• Bleeding from nose / ears
• Sensitivity to light	• Unequal pupils (eye)
• Seizures or convulsions	• Deteriorating conscious state

Non-Visible Symptoms

• Confusion / disorientation	• Complaints of pain / headache
• Complaints of dizziness / nausea	• Complaints of fuzzy / blurred vision
• Inability to concentrate	• Easily upset / angered (emotional)
• Nervous / anxious	• Complaints of tingling / burning feeling in arms & legs
• Tired / sleeping more or less than usual	
• Trouble falling asleep	• Memory loss – unable to remember events leading up to incident

* Please note that complaints of neck pain should be addressed immediately as a head injury may also result in a neck / spinal injury

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Removal-From-Sport & Return-To-Sport Protocols for Oakville Soccer Club

Designated Person(s)

In accordance with the requirements set out in Rowan's Law and its associated regulation, every sport organization is required to identify a designated person(s) as having specific responsibilities under the removal from-sport and return-to-sport protocols. The responsibilities for the designated person(s) may be shared between one or more individuals.

Key points

- If your team has more than one designated person(s), please ensure that each designate is clear about who has what responsibility under the Removal-from-Sport protocol and the Return-to-Sport protocol.
- There must be one designated person at every event that teams participate in.

Under the Removal-from-Sport protocol for OSC, the designated person(s) is/are responsible for ensuring that:

- An athlete is immediately removed from further training, practice or competition if the athlete has sustained a concussion or is suspected of having sustained a concussion, regardless of whether or not the concussion was sustained from a sport activity associated with OSC
- The designated person must be familiar with the [Pocket Concussion Recognition tool](#)
- If in the opinion of the designated person(s), there is an emergency and/or any red flag signs and/or symptoms appear – including those resulting from a suspected concussion, call 911;
- Removal of the athlete from further training, practice or competition; and if the athlete is under 18 years of age, the parent or guardian is informed of the removal;
- The athlete, or the parent or guardian if the athlete is under 18 years of age, is advised that the athlete is required to undergo a medical assessment by a physician or nurse practitioner before the athlete will be permitted to return to training, practice or competition according to the Return-to-Sport protocol for OSC
- An athlete or, if the athlete is under 18 years of age, the athlete's parent or guardian receives the Removal-from-Sport and Return-to-Sport protocols for OSC as soon as possible after the athlete's removal along with the OSC insurance information;
- Must ensure the completion of an injury report and submit to OSC within 24 hrs of the incident
- Once removed, the athlete is not permitted to return to training, practice or competition, except in accordance with OSC Return-to-Sport protocol;

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Under the Return-to-Sport protocol for The Oakville Soccer Club, the designated person(s) is/are responsible for ensuring that:

- An athlete who has sustained a concussion or is suspected of having sustained a concussion does not return to training, practice or competition until permitted to do so in accordance with the OSC Return-to-Sport protocol;
- When an athlete has not been diagnosed with a concussion, the athlete is only permitted to return to training, practice or competition if the athlete or, if the athlete is under 18 years of age, the athlete's parent or guardian provides confirmation to the designated person(s) about the outcome of the athlete's medical assessment, specifically that the athlete:
 - has undergone a medical assessment by the physician or nurse practitioner and has not been diagnosed as having a concussion, and
 - has been medically cleared to return to training, practice or competition by a physician or nurse practitioner;
- When an athlete is diagnosed by a physician or nurse practitioner as having a concussion, the athlete is not permitted to move on to unrestricted training, practice or competition unless the athlete or, if the athlete is under 18 years of age, the athlete's parent or guardian provides a confirmation of medical clearance by the physician or nurse practitioner to the designated person(s);
- An athlete is not permitted to return to training, practice or competition through OSC graduated Return-to-Sport steps unless the athlete or, if the athlete is under 18 years of age, the athlete's parent or guardian has shared the medical advice or recommendations they received, if any, with the designated person(s);
- When an athlete is diagnosed by a physician or nurse practitioner as having a concussion, the athlete or, if the athlete is under 18 years of age, the athlete's parent/guardian has been informed of the importance of disclosing the diagnosis to any other sport organization with which the athlete is registered or school that the athlete attends.

***The regulation states that a designated person(s) may rely on the information received from an athlete or, if the athlete is under 18 years of age, from the athlete's parent or guardian in carrying out their responsibilities under OSC Return-to-Sport protocol.*

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OSC Return to Play Stages Protocol

This is a multi-part process that requires supervision from the player's health care provider at each stage.

1. Limited activity	- Physical and cognitive rest
2. Light aerobic exercise	- Walking, swimming, cycling
3. Sport specific exercise	- Light running skills, no heading
4. Non-contact training drills	- Passing / movement
5. Full contact practice	- Normal training cycle
6. Return to play	- Normal game play

*A minimum of 24 hrs is required between each stage.

Any recurrence of symptoms requires the player to return to the previous level. OSC Coaches, Assistant Coaches, Managers and Trainers are not authorized to oversee Return to Play processes.

**** see attached appendix for visual**

Base Line Testing

It's critical to determine if you have recovered from a concussion before you return to contact sport. That determination is made by knowing the signs and symptoms of a concussion, expert clinical evaluation that is led by a specialist in concussions, and the use of objective measures that are reliable, sensitive and specific when used with children and youth to support **return to activity decision making**.

The baseline testing is designed to incorporate all of these components and help make that decision for you. It is important to recognize that even if a child's symptoms appear to have resolved following a concussion, the child may not yet be ready for active play. This is where a Baseline Test is useful.

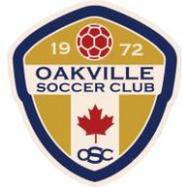
Many soccer clubs recommend that players involved in competitive programs undergo Base Line Testing prior to the beginning of the outdoor season. This should be done in a controlled environment under the supervision of an approved concussion testing facility.

Caution

The Oakville Soccer Club is committed to providing a safe environment for all players regardless of age and gender. It is, however, ultimately the responsibility of the parent to ensure that appropriate professional care is provided to players under the age of 18 in the event of injury. In the event of a concussion diagnosis, premature return to play can result in serious and sometimes permanent injury, particularly in the event of

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a second impact. Parents should seek ongoing medical evaluation for the benefit of the player's long term health and safety.

Approved Concussion Testing Facilities

Sheddon Physiotherapy & Sports Clinic	www.sheddonphysio.com	1300 Cornwall Road, Suite 103, Oakville, Ontario L6T 7W5	905-820-4576
Holland Bloorview Kids Rehabilitation Hospital	www.hollandbloorview.ca	150 Kilgour Road Toronto, Ontario, Canada M4G 1R8	416-425-6220

If you have any questions or concerns regarding OSC's Concussion Return to Play Protocol, please contact Chris Grierson, Senior Technical Director at cgrierson@oakvillesoccer.ca or by phone at 905-849- 4436 ext. 4447.

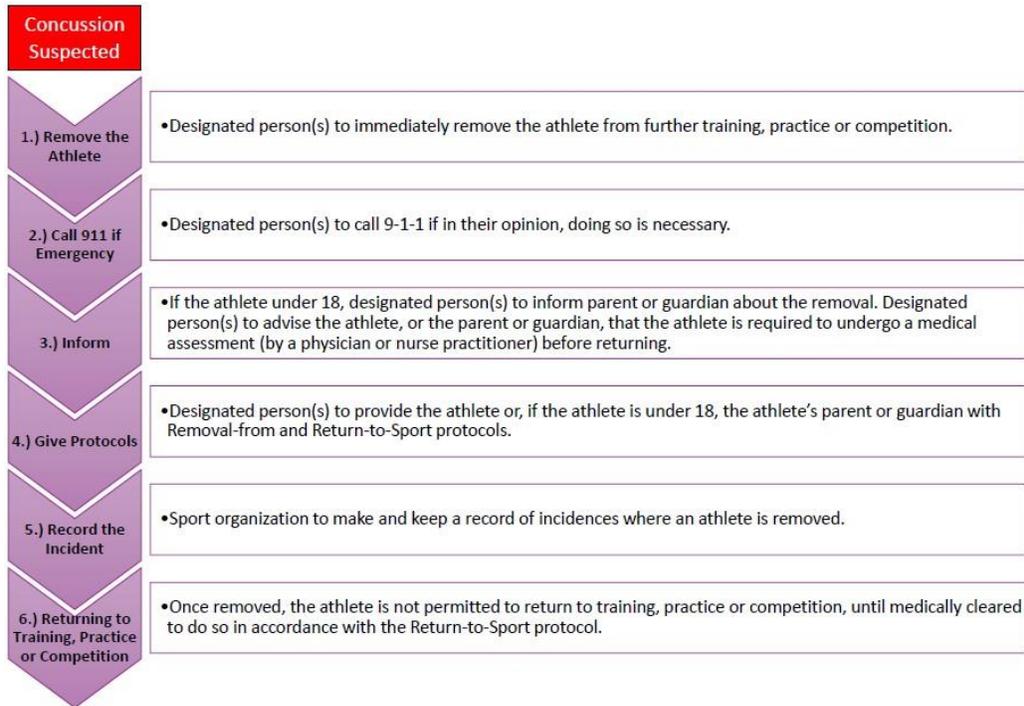
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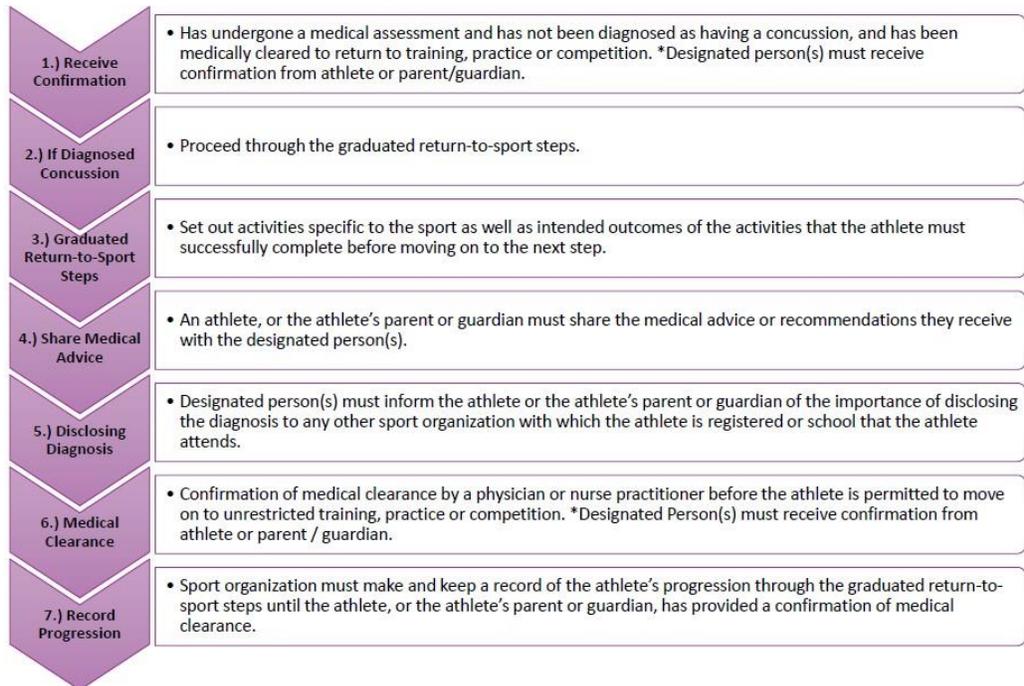


Appendix

On the Field: Removal-from-Sport Protocol



Off the Field: Removal-from-Sport Protocol



*Graphics provided by Rowan's Law. More info at Ontario.ca/concussions