

Concussion Prevention & Management Policy

1.0 Scope

To ensure that participants, participating in the Town of Innisfil recreation programs and at Town facilities, along with Town recreation and parks staff, are aware of the signs and symptoms of concussions

2.0 Definitions

A concussion:

- is a brain injury that causes changes in how the brain functions, leading to symptoms that can be physical (e.g., headache, dizziness), cognitive (e.g., difficulty concentrating or remembering), emotional/behavioural (e.g., depression, irritability) and/or related to sleep (e.g., drowsiness, difficulty falling asleep);
- may be caused either by a direct blow to the head, face or neck, or a blow to the body that transmits a force to the head that causes the brain to move rapidly within the skull;
- can occur even if there has been no loss of consciousness (in fact most concussions occur without a loss of consciousness); and,
- cannot normally be seen on X-rays, standard CT scans or MRIs.

(Reference: Government of Ontario, Ministry of Tourism, Culture and Sport website: http://www.health.gov.on.ca/en/public/programs/concussions/docs/mtcs_concussion_guide_en.pdf)

3.0 Responsibilities and Authorities

The Town of Innisfil will create a concussion awareness strategy by doing the following:

- Conduct ongoing awareness/education to members of the public using Town recreation services, which may include flyers and information brochures;
- Provide training to Town recreation and parks staff on signs and symptoms of potential concussions, advising potential concussion sufferers to seek medical attention and how to document these potential injuries; and,
- Complete an annual assessment of current recreation programs and implement concussion prevention measures where required.