

<b>SECTION B:</b> <b>HEALTH, SAFETY AND WELLNESS</b>	<b>POLICY NAME:</b> <b>CONCUSSION POLICY</b>
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## 1. POLICY:

- 1.1. Community Living – Grimsby, Lincoln & West Lincoln (CL-GLWL) recognizes the importance of the health, safety and overall well-being of its employees, volunteers, and people supported and is committed to taking steps to reduce risk for injury and concussions.
- 1.2. CL-GLWL recognizes that both children and adults are among those at risk for concussions. We also recognize that when there is body trauma, there is potential for a concussion. The risk is even greater during activities where collisions or falls can occur.
- 1.3. CL-GLWL will take every reasonable precaution to increase awareness of conditions to prevent and identify symptoms related to concussions and support the proper management of concussions.

## 2. PURPOSE:

- 2.1. CL-GLWL recognizes concussions as a serious injury which requires appropriate follow-up measures to reduce risk of potential additional injury. Concussions awareness, prevention, identification and management are a priority for CL-GLWL. The implementation of this policy requires greater understanding and cooperation of all parties, outlined in the SCOPE section.
- 2.2. A concussion:
  - is a brain injury that causes changes in how the brain functions, leading to symptoms that can be physical (i.e. headache, dizziness), cognitive (i.e. difficulty concentrating or remembering), emotional/behavioural (i.e. depression, irritability) and/or related to sleep (i.e. 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).
  - present diagnostic procedures for concussion remain reliant on self-reporting of symptoms and the testing procedure can not only be taxing on an individual suffering from a concussion, but also be prone to subjectivity
  - is a clinical diagnosis made by a medical doctor or nurse practitioner.

## 3. SCOPE:

- 3.1. This policy applies to all Board members, employees, visitors, volunteers, students, contractors and people we support.

**SECTION B:****HEALTH, SAFETY AND WELLNESS****POLICY NAME:****CONCUSSION POLICY****4. PROCEDURES:**

- 4.1. If a person has experienced a concussion or a potential concussion, they will be encouraged to seek immediate medical attention.
- 4.2. The person will be closely monitored for post-concussive signs and symptoms for a 24/48 hour period of time.
- 4.3. If a concussion has been confirmed, the person impacted will be required to rest and refrain from any vigorous physical activity/recreation and contact sport as prescribed by the person's doctor.
- 4.4. Some people feel normal again in a few hours. Others have symptoms for weeks or months. It is very important to allow the person time to get better and to slowly return to your regular activities. If your symptoms come back when you are doing an activity, stop and rest for a day. This is a sign that the person is pushing themselves too hard. It is also important to seek medical advice if the person is not improving as expected or if there is evidence that they are getting worse instead of better.
- 4.5 Rest is the best way to recover from a concussion. A person needs to rest their body and their brain.
- 4.6 Here are some tips to assist with recovery:
  - Get plenty of sleep at night, and take it easy during the day.
  - Avoid alcohol and illegal drugs.
  - Do not take any other medicines unless your doctor says it is okay.
  - Avoid activities that are physically or mentally demanding (including housework, exercise, schoolwork, video games, text messaging, or using the computer). You may need to change your school or work schedule while you recover.
  - Ask your doctor when it's okay for you to drive a car, ride a bike, or operate machinery.
  - Use ice or a cold pack on any swelling for 10 to 20 minutes at a time. Put a thin cloth between the ice and your skin.
  - Use pain medicine as directed. Your doctor may give you a prescription for pain medicine or recommend you use a pain medicine that you can buy without a prescription, such as acetaminophen (for example, Tylenol).