

SCOPE: This policy applies to all staff, volunteers, students, visitors, contractors, and people supported.

4. Concussion Safety

POLICY: The agency recognizes concussions as a serious injury which requires appropriate follow-up measures to reduce the risk of a potential additional injury.

PROCEDURES:

- If a person has experienced 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, concussion or a potential concussion may occur and they will be encouraged to seek immediate medical attention.
- 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.
- The person will be closely monitored for post-concussive signs and symptoms for a 24-48 hour period of time.
- Rest is the best way to recover from a concussion. A person needs to rest their body and their brain.

DEFINITIONS:

- **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 can also be prone to subjectivity.
 - A concussion is a clinical diagnosis made by a medical doctor or nurse practitioner.

Three Year Review

Date Implemented	February 1, 2016			
Date	May 9, 2019	July 25, 2019		
Reviewed or Revised	Revised	Reviewed		