

THE TOWN OF FORT FRANCES

Section: Memorial Sports Centre

Policy: Concussion Policy

Creation Date: January 2018

Resolution Number: DRAFT

Policy Number:

Purpose

To ensure that participants in Town of Fort Frances recreation programs, along with town recreation staff, are aware of the signs and symptoms of concussions.

Definition

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/behavioral (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

Responsibilities and Authorities

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

☐ Provide training to Town staff on signs and symptoms of potential concussions through regular first aid training, advising potential concussion sufferers to seek medical attention; and,

☐ Complete ongoing assessment through weekly meetings of current recreation programs and implement concussion prevention measures where required.

Related Documents

This policy will complement preventative measure practices that are already operational in Town of Fort Frances facilities and programs, including but not limited to; practices around helmet use during hockey, shinny, skate boarding (skate park), and public skating.