

THE TOWN OF FORT FRANCES

Section: Community Services – Memorial Sports Centre

Policy: Concussion Policy

Creation Date: May 2018

Resolution Number: DRAFT

Policy Number:

1.0 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.

2.0 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 or MRIs.

3.0 Responsibilities and Authorities

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

- Providing training to Memorial Sports Centre staff on signs and symptoms of potential concussions through regular first aid training, advising potential concussion sufferers to seek medical attention;
- Support user groups with concussion awareness strategies (e.g. posting concussion posters and offering brochures) in Town facilities.

4.0 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.