



## Concussion Prevention and Management Protocol

Strength in Me's Concussion Management Protocol delineates the necessary steps to be taken in case of a suspected or confirmed concussion, including immediate **Removal from Sport**, assessment by a qualified healthcare professional, and a structured **Return-to-Sport** process. This protocol ensures that individuals who sustain concussions receive appropriate care and are safeguarded against further injury.

Strength in Me strictly adheres to the specific guidelines and regulations governing concussion management in sports to safeguard the health of its participants. By implementing a concussion management protocol, Strength in Me demonstrates its dedication to participant safety and contributes to fostering a culture of responsible sports engagement.

Strength in Me's Concussion Prevention and Management Policy is in alignment with relevant sections of Boxing Canada's Concussion Management Policy, accessible at <https://boxingcanada.org/documents> under CONCUSSION TOOLBOX.

If there is a suspicion that a participant has a concussion, the participant will be removed from participation by program staff immediately and “**Removal from Sport**” protocol will be activated.

### Recognizing Concussions:

If a participant demonstrates or reports any of the following **red flags**, the Coach should call 9-1-1 requesting paramedic services.

- neck pain or tenderness
- blurred or double vision
- weakness or tingling/burning arms or legs
- severe or increasing headache
- seizure or convulsion
- loss of consciousness
- deteriorating conscious state
- vomiting or nausea
- increasingly agitated, restless, or confusion
- increased confusion

### Observable Signs of Possible Concussions:

- Lying motionless on the playing surface.
- Slow to get up after a direct or indirect hit to the head.
- Disorientation or confusion / inability to respond appropriately to questions.
- Blank or vacant look.
- Balance or gait difficulties, absence of regular motor coordination, stumbling, slow movements.
- Facial injury after head trauma.

### Concussion Symptoms:

- headache or pressure in head
- balance problems or dizziness
- drowsiness, fatigue, or low energy
- blurred vision
- sensitivity to light or noise
- more emotional or irritable
- don't feel right
- neck pain
- difficulty remembering or concentrating
- feeling slowed down or in a fog



## Removal-from-Sport Protocol

Incident Report must be completed recording the time and date of the removal.

The attending Coach must inform the participant's parent/guardian informing:

1. The participant should be instructed to undergo a period of physical and cognitive rest for 24-48 hours with minimal stimulus.
2. Not to be left alone (At least for 1-2 hours) or operate a motor vehicle.
3. Not to use alcohol or recreational/prescription medication,
4. The participant is required to seek medical attention from a qualified healthcare professional familiar with Sports Concussion Assessment Tool (SCAT-5) to undergo medical assessment.
5. The participant must obtain medical clearance and provide written approval from their medical practitioner before the participant can safely return to sports activities.
6. Once the participant receives approval from their medical practitioner to resume sports activities, the participant must follow a **“Return-to-Sport”** protocol. This protocol is designed to evaluate their readiness for physical activity and ensure a safe transition back into sports.

## Return-to-Sport Protocol

The general steps to **Return-to-Sport** include:

Exercise Step	Functional exercise at each step	Goal of each step
1. Symptom-limited activity	Daily activities that do not provoke symptoms.	Gradual reintroduction of work/school activities.
2. Light aerobic exercise	Walking or stationary cycling at slow to medium pace. No resistance training.	Increase heart rate.
3. Sport-specific exercise	Light drills. No head impact activities.	Add movement.
4. Non-contact training drills	Harder training drills. May start progressive resistance training.	Exercise, coordination, and increased thinking.
5. Full contact practice	Following medical clearance, participate in normal training activities.	Restore confidence and assess functional skills by coaching staff.
6. Return to Sport.	Normal game play.	

Coaches will monitor and assess the participant during each phase of the protocol to ensure that the participant does not experience any new symptoms or worsening of existing symptoms for at least 24 hours before proceeding to the next step. If any symptoms do appear, the participant will be asked to immediately stop the activity and rest until the symptoms resolve, which typically takes a minimum of 24 hours.

The participant will then return to the previous step of the Return-to-Sport protocol before attempting to progress further. If symptoms occur during phase of the Return-to-Sport protocol, it is crucial for the participant to cease the activity and seek guidance from a healthcare professional before resuming their sport.

It is recommended for a minimum of 30 days rest after a concussion is diagnosed before the participant returns to any training.