

ALBERTA FEDERATION OF SHOOTING SPORTS

CONCUSSION POLICY

PURPOSE

1. The Alberta Federation of Shooting Sports is committed to maintaining the health of its athletes. The AFSS recognizes the increased awareness of concussions and their long-term effects and the AFSS therefore enacts this Policy as a tool to help manage concussed and possibly concussed athletes and preserves the health of its members.

SCOPE

2. This Policy applies to all AFSS athletes, coaches, officials, and members.

PROCEDURE

3. During all shooting events, competitions and practices sanctioned by the AFSS, participants which include coaches, athletes, officials, and other members will use their best efforts to:
 - a) Be aware of incidents that may cause a concussion, such as:
 - i. Falls
 - ii. Accidents
 - iii. Collisions
 - iv. Head trauma
 - b) Identify athletes or other individuals who have been involved in any of the above incidents and evaluate them for RED FLAGS, SIGNS, SYMPTOMS and MEMORY assessment. In the event of a suspected concussion, first look for the presence of RED FLAGS, which would indicate that an ambulance be called immediately.

RED FLAGS (Call an ambulance)

- i. Neck pain or tenderness
 - ii. Double vision
 - iii. Weakness or tingling in arms
 - iv. Severe or increasing headache
 - v. Seizure or convulsion
 - vi. Loss of consciousness
 - vii. Deteriorating conscious state
 - viii. Vomiting
 - ix. Increasingly, restless, agitated, or combative
- c) If RED FLAGS are not present, assess for observable SIGNS and SYMPTOMS of concussion, and perform a MEMORY ASSESSMENT:

OBSERVABLE SIGNS (Indicate concussion)

Lying motionless on the shooting surface
Slow to get up after a direct or indirect hit to the head
Disorientation or confusion, or an inability to respond appropriately to questions
Blank or vacant look
Balance, gait difficulties, motor incoordination, stumbling, slow labored movements
Facial injury after head trauma

SYMPTOMS

Headache/Pressure
Nausea
Drowsiness/fatigue
Dizziness
Irritability/anxiety
Poor concentration
Poor memory
Sensitivity to light/noise

MEMORY ASSESSMENT

Athletes over twelve
What venue are we at today?
What shoot is happening right now?
Who was leading in the shoot?
Where was your last shoot?
Who won your last shoot?

4. Athletes or other individuals who have been involved in an incident that may cause a concussion and who may exhibit SIGNS and SYMPTOMS of a concussion or fail to correctly answer the MEMORY ASSESSMENT questions shall be identified and REMOVED from the activity.
5. Following the athlete's removal from the activity, the individual in charge of the shoot or someone familiar to the athlete should:
 - a) Call an emergency number if the situation appears serious or there are RED FLAGS
 - b) Notify the athlete's family (if the athlete is a minor) or someone close to the athlete
 - c) Arrange for a ride home for the athlete
 - d) Reduce external stimulus (noise, other people, etc.)
 - e) Remain with the athlete until they are taken home.

- f) Advise the athlete to avoid alcohol, prescription or recreational drugs
- g) Advise the consultation of a physician

RETURN TO SHOOTING

6. Once the athlete's immediate needs are met the athlete's family or the athlete should be directed to the following:
 - a) An athlete who has been concussed should in consultation with a physician, follow a progressive return to shooting strategy. The following are the suggested sport-specific steps for return to shooting.

STEP 1: Symptom-limited activity. Immediately consult a physician. Limit work and tasks requiring concentration. Refrain from physical activity for the first 48 to 72 hours and then gradually increase activity levels (Not Training) if symptoms do not worsen. Once activities of daily living are tolerated without concussion-related symptoms, re-consult with a physician for clearance to proceed to Step2.

STEP 2: To reintroduce physical activity e.g. 10 – 15 minutes of walking building up to 30 minutes a day.

STEP 3: Return to unrestricted competition once cleared by a physician

Note: Each step should take a minimum of one day (24 hours), If the athlete has any symptoms of concussion (e.g. See SYMPTOMS above) that return either with activity or later that day, stop the activity immediately and return to the previous steps in the progression.

MEDICAL CLEARANCE

This Policy requires the athlete to consult with a physician throughout this process and the AFSS and specific Association will comply with all directions provided by the physician which may supersede this policy.