



### Carleton Place Canoe Club Concussion Policy and Procedures

Although concussions in paddling are rare, they can occur during either on the water or dry land activities. Since the circumstances under which a concussion can be sustained are so varied, it's important for all coaches, parents, and athletes to be aware of the signs, symptoms, and what to do if a concussion occurs. All CPCC athletes, parents, and coaches are required to read, commit to, and sign a concussion code of conduct prior to participating in any CPCC programs. For more information on concussions, please visit [Ontario.ca's Concussion Awareness website](http://Ontario.ca's Concussion Awareness website).

If a suspected concussion occurs, the following steps will be followed:

- If a potential concussion occurs in practice or at a regatta/event; the athlete will be removed from the activity and will be required to see a medical doctor as soon as possible
- The athlete will not be left alone; signs and symptoms will be monitored (see below)
- A coach, parent/guardian, or safety officer of the event will be notified of the injury
- The athlete must not return to practice or the regatta until cleared by a medical doctor

#### CPCC Steps for Return to Sport

The chart below outlines the 6 steps in CPCC's return to sport policy. This process can begin once clearance has been given, in writing, by a medical doctor. It is important to understand that each step must be completed with absolutely NO symptoms experienced before moving on to the next step. Once again, clearance from a medical doctor is required before beginning these steps following an identified suspected concussion. There are NO exceptions to this requirement.

Step	Priorities	Activities Permitted	Goal
1	No activity	Moving around the house, simple tasks. No strenuous movement. Limit schoolwork or otherwise. Mostly rest and relaxation	No activity, just rest.
2	Light Activity	Light movement that slightly increases heart rate, such as walking (10 minutes), or light stationary bicycle (10 minutes)	Gradually re-introduce movement and daily school/work activities. Increase heart rate
3	Sport Specific Exercise	Light sport specific activity that does not include physical contact or impact	Additional movement
4	Non-Contact/Impact training	Increased intensity, drills, resistance training if applicable	Increased intensity, coordination and thinking
5	Unrestricted training/practice	Full participation in training activities	Restore confidence and assess functional movement
6	Return to sport	Full return to sport training and competition	

## **Common Signs and Symptoms of Concussions**

### **Physical:**

- Headache
- Pressure in the head
- Dizziness
- Nausea or vomiting
- Blurry Vision
- Sensitivity to light or sound
- Tired or low energy
- Trouble with balance
- Ringing in the ears

### **Cognitive**

- Feeling confused
- Difficulty concentrating
- Difficulty remembering things

### **Emotional**

- Increased irritability
- Feeling depressed
- Increase in nervousness and anxiety

## **Red Flag Signs and Symptoms**

Red flag signs and symptoms may indicate that a more serious injury has occurred. If the following signs and symptoms are present, seek immediate medical attention and call 911:

- Neck pain or tenderness
- Double vision
- Weakness or tingling in arms or legs
- Severe or increasing headache
- Seizure or convulsion
- Loss of consciousness (at or following impact)
- Vomiting (especially if more than once)
- Increasingly aggressive, or easily agitated behaviour
- Significant confusion