

**City of Barrie Recreation Services**

**Concussion Prevention and Management Procedure**

*Purpose:*

To ensure the safety of participants in City of Barrie Recreation Services programs and facilities, along with City recreation services staff, by creating awareness of the signs, symptoms and potential severity of concussions.

*Definitions:*

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/behavioural (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.

(Reference: Government of Ontario, Ministry of Tourism, Culture and Sport website:

[http://www.health.gov.on.ca/en/public/programs/concussions/docs/mtcs\\_concussion\\_guide\\_en.pdf](http://www.health.gov.on.ca/en/public/programs/concussions/docs/mtcs_concussion_guide_en.pdf))

*Procedure:*

The City of Barrie aims to create concussion awareness and protection by doing the following:

- Conduct ongoing awareness and education to members of the public and user groups, which may include providing flyers and information brochures within City facilities, and encouraging proper use of safety equipment (ie. Helmets)
- Provide training to City recreation services staff to recognize the signs and symptoms of potential concussions, advising potential concussion sufferers to seek medical attention and how to document these injuries
- In the event that a participant in our programs or facilities experiences a minor head injury, Recreation Services staff will provide first aid, document the incident and will notify a parent/guardian where applicable
- In the event that a participant in our programs or facilities experiences a major head injury, major bodily injury or possible concussion, Recreation Services staff will administer first aid, conduct a primary and secondary assessment of the individual, contact parent/guardian where applicable and will recommend the participant goes to their family doctor, or goes to the hospital
- Recreation Services staff do not have the medical expertise to diagnose concussions, but will strongly encourage participants to seek medical evaluation from a doctor as soon as possible when staff suspect the participant has suffered a concussion.