Waterfront Neighbourhood Centre
Formerly Harbourfront Community Centre

Concussion Prevention/Management

<table>
<tr><th>Situation</th><th>Examples</th><th>WNC Procedures</th></tr>
<tr><td rowspan="2">CONCUSSION

GREEN</td><td>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)

-May be caused 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);
-cannot normally be seen on X-rays, standard CT scans or MRI’s</td><td rowspan="2">Following a blow to the head, face or neck or a blow to the body that transmits a force to the head (Unconscious Participant: immediately call 911)

• Stop the activity immediately
• Remove Participant (Child, Youth, & 18yrs+) to a safe environment; away from activity
• Provide adult supervision and continue to monitor the participant until he/she receives medical examination (18yrs & under)
• Refer to a doctor for medical examination.
• Contact the Child/Youth (18yrs & under) parent/guardian (or emergency contact) to inform them:
✓ Of the incident
✓ That they need to come and pick up the Child/Youth; and
✓ The Child/Youth needs to be examined by a medical doctor or nurse practitioner as soon as possible that day
• Remain with the participant until her/his parent/guardian (or emergency contact) arrives.
• Continue to monitor and document any changes (i. e physical, cognitive, emotional /behavioural) in the Child/Youth. If any signs or symptoms worsen, call 911 & then inform Reception.
• Keep the Child/Youth out of play until he/she receives medical examination and/or cleared them and says he/she is okay to return to play
• Refer to your Organization’s Injury report form for documentation procedures

Additional Notes:
1. Do not administer medication (unless the student requires medication for other conditions-e.g., insulin for a student with diabetes)</td></tr>
<tr><td><u>Critical Injury Definition:</u> A “critical injury” is an injury that results in any of the following:
- places life in jeopardy
- produces unconsciousness
- involves the fracture of a leg or arm (but not a finger or toe)
- involves the amputation of a leg, arm, hand or foot (but not a finger or toe)
- consists of burns to a major portion of the body
- causes the loss of sight in an eye
- results in a substantial loss of blood
(O. Reg. 834 Critical Injury defined)

<u>Important:</u> Immediately notify your Supervisor and the Executive Director Leona Rodall will contact the Ministry of Labour if/when a critical injury occurs.</td></tr>
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