



Carleton Place Canoe Club Club Concussion Policy & 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.

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	Priority	Activity Permitted	Goal
1	<u>NO</u> Activity	Moving around the house, simple tasks. No strenuous movement. Limit schoolwork or otherwise. Mostly rest and relaxation	No activity, just rest
2	<u>Light</u> Activity	Light movement that slightly increases heart rate, such as walking (10 minutes), or light stationary	Gradually re-introduce movement and daily school/work activities. Increase heart rate



		bicycle (10 minutes)	
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 & Symptoms of a Concussion

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 & anxiety

RED FLAG – SIGNS & 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