



## **CONCUSSION POLICY AND PROTOCOL\***

### **ONTARIO VOLLEYBALL ASSOCIATION (“OVA”)**

**\*This Policy does not constitute any medical advice and does not contain any medical diagnoses, symptom assessments or medical opinions.**

#### **Preamble**

1. Whereas the education and awareness of concussions is an important part of providing a safe sporting environment; and whereas the OVA is committed to taking all reasonable steps to provide a safe and secure sporting environment for participants in its programs, activities and events; and
2. Whereas this Policy is one of several tools that OVA will use to fulfill its commitment to provide a safe sporting environment and to protect its members from harm; and
3. Whereas nothing in this Policy shall be construed as abrogating the OVA’s right, responsibility, power and discretion to take any and all necessary steps to ensure a safe sporting environment for its members.

#### **Purpose**

4. The purpose of this Policy is to contribute to a safe sporting environment through education and by promoting awareness of concussion diagnosis and graduated return to play of players who have suffered a concussion.

#### **Definition**

5. 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 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.

*Definition cited from, Ministry of Tourism, Culture and Sport Concussion Guideline.*

## **Concussion Awareness and Education**

6. The OVA is committed to the long term health of our athletes. Current and credible concussion resources will be accessible to all athletes, coaches, parents and stakeholders. The resources will include information on concussion prevention, identification, management and treatment. A link to the [Ministry's Concussion Program webpage](#), is available on the OVA website.
7. Volleyball Canada added the Coaches Association of Canada's 90 minute free online module "Making Head Way" to its coach certification pathway. For any volleyball coach to receive "Certified" status at any National Coach Certification Program (NCCP) level "Making Head Way" is mandatory. The online module can be found here: <http://www.coach.ca/-p153487>.
8. The OVA requires all head coaches competing at Ontario Championships to achieve a National Coach Certification Program (NCCP) level, which includes the requirement to complete Coaches Association of Canada's 90 minute free online module "Making Head Way".
9. All Team Ontario coaching staff will have completed the Coaches Association of Canada's 90 minute free online module "Making Head Way". Concussion resources will be included in the Team Ontario Coach Handbook.
10. All Regional Team Head Coaches participating in the Ontario Summer and Winter Games will have completed the Coaches Association of Canada's 90 minute free online module "Making Head Way".
11. All Learning Facilitators that deliver the Grassroots Programming will have completed Coaches Association of Canada's 90 minute free online module "Making Head Way".

## **Event and Program Protocol**

12. The OVA follows the Volleyball Canada Concussion Policy and Protocol, see Appendix A, for the following events:
  - a. Indoor Ontario Championships,
  - b. Indoor Grand Prix events
  - c. Beach Ontario Championships
  - d. OVA Beach Tour Grand Slam events
  - e. OVA hosted National Championships
  - f. Team Ontario Programs, including High Performance Camps
  - g. Regional Team Programming

## **Medical Assessment**

13. The OVA asserts that it is critical any athlete, coach, official, parent, and stakeholder that has concussion signs and symptoms stop all activity immediately and be assessed by a medical doctor or nurse practitioner.

## **Graduated Return to Play**

14. The OVA recommends that a graduated return to play protocol is followed. There should be no return to play until the athlete has been medically cleared and has successfully returned to school / learning, if applicable, without worsening of symptoms.
15. When returning to play once medically cleared, a stepwise supervised program should be followed with stages of progression. An example of return to play stages can be found in the Ministry of Tourism, Culture and Sport Concussion Guidelines (add link). See progression for return to play Appendix B.
16. The OVA will provide current and credible return to play resources on its website.

## **Review and Approval**

17. This policy was approved by the Board of Directors of OVA, January 2016.
18. This policy is effective as at January 1, 2016.

## Appendix A



# VOLLEYBALL CANADA CONCUSSION POLICY AND PROTOCOL

On October 1, 2014 Volleyball Canada added the Coaches Association of Canada's 90-minute free online module "Making Head Way" to its coach certification pathway.

To achieve "Certified" status within the Locker database, Development coaches must complete the "Making Head Way" (Generic version) online module found here: <http://www.coach.ca/-p153487>.

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In addition to the revised coach education pathway, Volleyball Canada will implement the following measures at all National Championships beginning in 2015:

- Promote the motto: "When in doubt, sit them out". Athletes who are suspected of sustaining a concussion or head injury must be removed from play.
- All coaches are provided a concussion signs and symptoms information card in their coaches' package.
- Athletic Therapists and/or certification candidates will be on site to conduct assessments.
- An athlete who has been removed from play by a tournament Athletic Therapist may not return to play for the remainder of the tournament.

*See concussion protocol below*

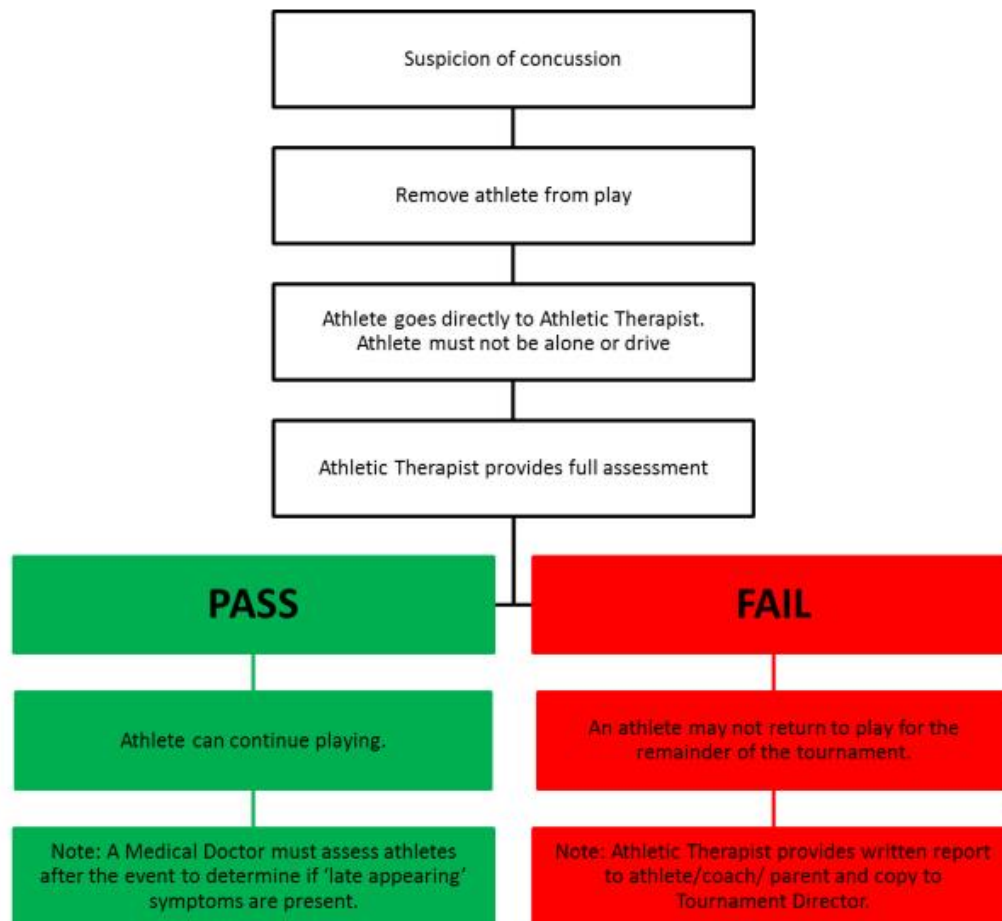
## CONCUSSION SIGNS AND SYMPTOMS

Signs Observed by Coaching Staff	Symptoms Reported by Athlete
Appears dazed or stunned	Headache
Is confused about assignment	Nausea
Forgets plays	Balance problems or dizziness
Is unsure of game, score, opponent	Double or fuzzy vision
Moves clumsily	Sensibility to light or noise
Answers questions slowly	Feeling sluggish
Loses consciousness	Felling foggy or groggy
Shows behaviour or personality changes	Concentration or memory problems
Can't recall events prior to hit	Confusion
Can't recall events after hit	



## VOLLEYBALL CANADA CONCUSSION POLICY AND PROTOCOL

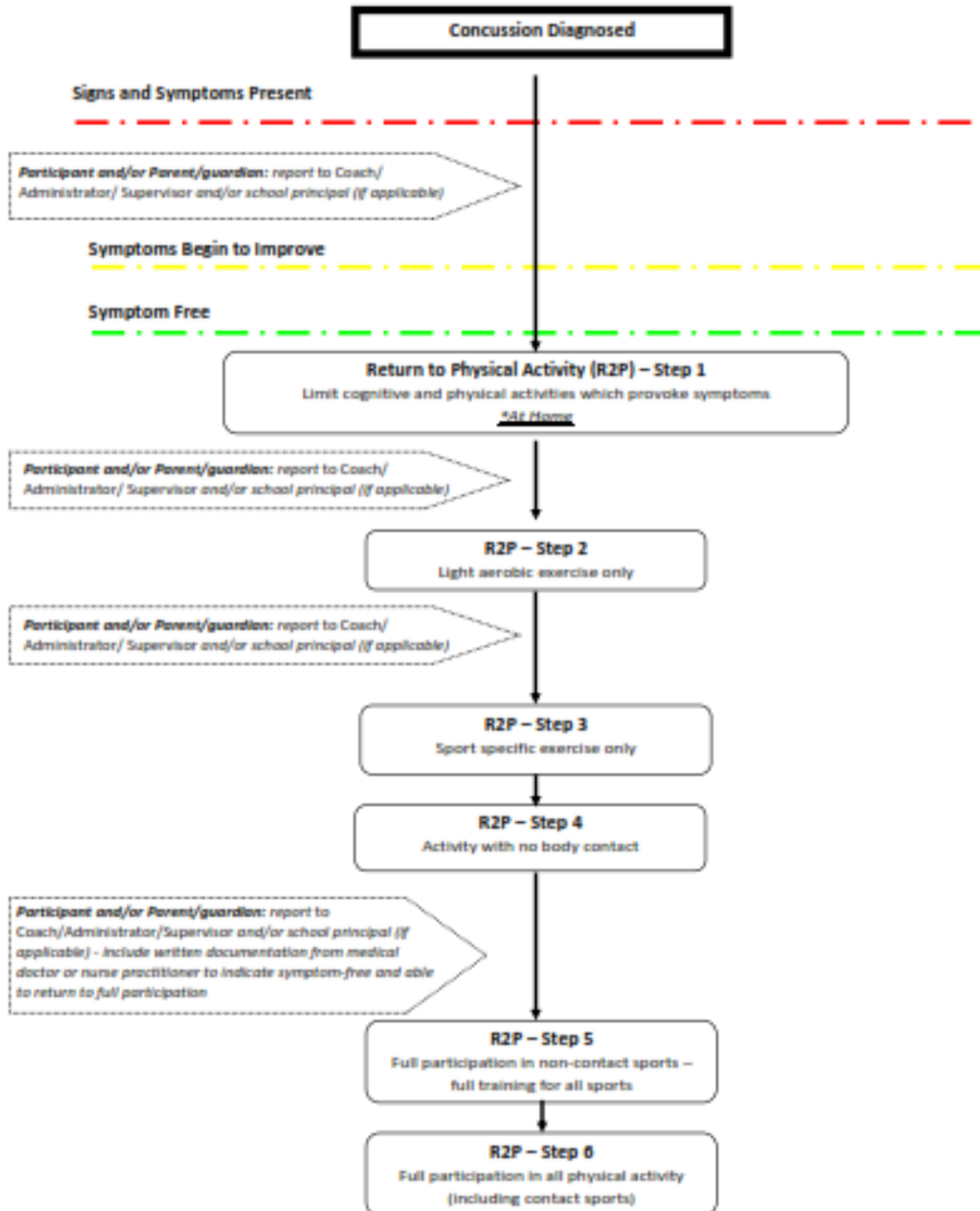
### NATIONAL CHAMPIONSHIPS CONCUSSION PROTOCOL



## Appendix B

### Ministry of Tourism, Culture and Sport – Concussion Guidelines\*

#### Appendix B: RETURN TO PHYSICAL ACTIVITY (R2P)



\*These Informational Guidelines have been prepared for general informational purposes only. They are not intended to and do not constitute any medical advice and do not contain any medical diagnoses, symptom assessments or medical opinions.