

Concussion Policy

1. If during a practice (on or off the water), training, regatta, camp or clinic a participant, sustains a direct or indirect force to the head and subsequently exhibits signs, symptoms and/or functional changes consistent with a concussion. He/she is to be immediately removed from play and immediate medical assessment received. Instructors are never to make a determination in the field on their own. (Please note this is not age dependent, all sailors, coaches, officials and volunteers must be treated in the same fashion).
2. Following their removal from play, any person suspected to have sustained a concussion is to be assessed by a medical doctor, preferably an emergency physician, to determine the extent of the participant's injury and to rule out further pathology. The physician may make recommendations in addition to those described in the 2008 Zurich Guidelines and the Broad Reach Foundation policy, and these are to be discussed with the individual that was injured (and guardian for those under 18).
3. Individuals diagnosed with a concussion should rest until they are symptom-free and should then begin a step-wise symptom-limited program with stages of progression, only after they are without symptoms for a 24 hour period.

Those steps include:

- Step 1: No Activity, only complete rest.
- Step 2: Light aerobic exercise.
- Step 3: Sport-specific exercise.
- Step 4: Begin drills without body contact.
- Step 5: Begin drills with body contact.
- Step 6: Return to play.

There should be a minimum 24 hours for each stage involved and the athlete should return to the rest stage should symptoms recur.

MEDICAL CLEARANCE IS REQUIRED BEFORE PARTICIPANTS RETURNS TO PLAY

Broad Reach Foundation supports Think First Canada and the set up a online training protocol for coaches, volunteers, athletes and parents to educate them on Concussion education.