

Cross Country Yukon Concussion Policy



April 1, 2024

What is a concussion?

A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging brain cells.

Signs or Symptoms of a Concussion:

Thinking Problems	Athlete's Complaints	Other Problems
<ul style="list-style-type: none">· Does not know the time, date, place, and other details of surroundings· General confusion· Cannot remember things that happened before or after the injury· Knocked out	<ul style="list-style-type: none">· Headache· Dizziness· Feels dazed· Feels "dinged" or "stunned"; "having my bell rung"· Sees stars, flashing lights· Ringing in the ears· Sleepiness· Loss of vision· Sees double or blurry· Stomach ache or pain, nausea	<ul style="list-style-type: none">· Poor coordination or balance· Blank stare/glassy eyed· Vomiting· Slurred speech· Slow to answer questions or follow directions· Easily distracted· Poor concentration· Strange or inappropriate emotions (i.e., laughing, crying, getting mad easily)

What should you do if you think you have a concussion?

In all suspected cases of concussion, the athlete should stop training activity right away. Continuing to do activity will increase the risk of more severe, longer-lasting concussion symptoms, as well as increase their risk of other injury.

When should you seek medical attention?

Anyone with a possible head injury should be seen by a doctor as soon as possible. The athlete should go back to the doctor immediately if, after being told they have a concussion, they have worsening symptoms, such as:

- being more confused
- headache that is getting worse
- vomiting more than twice
- not waking up
- having any trouble walking
- having a seizure
- strange behaviour

What is the recovery time?

The signs and symptoms of a concussion usually last for one to four weeks but may last longer. In some cases, it may take many weeks or months to heal. If the athlete has had a previous concussion, they may take longer to heal. If the athlete's symptoms are persistent (i.e., last longer than two weeks in adults or longer than four weeks in youth under 18 years old) they should be referred to a healthcare professional who is an expert in the management of concussion.

Concussion Management & Return to Sport Procedure:

- 1- If during a practice, training, event, race or camp on dryland or snow, an athlete hits their head or has a bad crash and shows concussion symptoms immediately after they will be removed from the activity immediately. A medical assessment will be provided by a coach with first aid training (family should follow up with a trained professional)
- 2- After the skiers has been removed from practice, parents will be notified of the event, asked to come pick up their child and should seek medical attention

Return to Sport Steps:

Stage 1: Symptom-limiting activities After an initial short period of rest of 24 to 48 hours, light cognitive and physical activity can begin, as long as these don't worsen symptoms. You can start with daily activities like moving around the house, simple chores, and gradually introducing school and work activities at home.

Stage 2: Light aerobic activity Light exercise such as walking or stationary cycling, for 10 to 15 minutes. The duration and intensity of the aerobic exercise can be gradually increased over time if symptoms don't worsen and no new symptoms appear during the exercise or in the hours that follow. No resistance training or other heavy lifting.

Stage 3: Individual sport-specific exercise with no contact Activities such as skating, running, or throwing can begin for 20 to 30 minutes. There should be no body contact or other jarring motions, such as high-speed stops or hitting a ball with a bat. No resistance training.

Stage 4: Begin training drills with no contact Add in more challenging drills like passing drills. There should be no impact activities (no checking, no heading the ball, etc.). Start to add in progressive resistance training.

Stage 5: Full contact practice following clearance by a doctor.

Stage 6: Return to Sport Full game play or competition.

Make sure each Stage takes a minimum of 24 hours, if any concussion symptoms occur during the stages stop the activity immediately. Wait 24-48 hours and then start at the previous stage.

More info on concussions:

<https://coach.ca/concussion-awareness>

<https://coach.ca/sites/default/files/2020-01/CRT5.pdf>

<https://coach.ca/sites/default/files/2020-01/Concussion-Guide-for-Coaches-and-Trainers.pdf>

<https://coach.ca/sites/default/files/2020-01/Return-to-Sport-Strategy.pdf>

<https://coach.ca/sites/default/files/2020-01/Concussion-Guide-for-Athletes.pdf>

<https://coach.ca/sites/default/files/2020-01/Concussion-Guide-for-Parents-and-Caregivers.pdf>

All this info has been gathered for general knowledge only. Please consult your doctor if you have more questions