

# **NANAIMO PICKLEBALL CLUB**

## **CONCUSSION RECOGNITION POLICY**

### **1. POLICY STATEMENT**

Nanaimo Pickleball Club aims to reduce the risk of serious injury from pickleball related concussions by providing the signs of a potential concussion and the steps to take when a concussion is suspected.

### **2. CONTEXT / BACKGROUND**

A concussion is a brain injury that can't be seen on x-rays, CT or MRI scans. It affects the way a player thinks and can cause a variety of symptoms. Athletes with a suspected concussion must receive timely and appropriate care.

### **3. APPLICATION**

This policy applies to all individuals in Nanaimo Pickleball Club programs, activities and events.

Given the serious potential for harm from a concussion, the protocol of this policy must be followed when a concussion is suspected.

### **4. ROLES/RESPONSIBILITIES**

Individual members and volunteers are to make themselves familiar with this Policy and the British Journal of Sports Medicine Concussion Recognition Tool 5, available as a separate document on the Nanaimo Pickleball Club Website at [nanaimopickleball.org](http://nanaimopickleball.org) under Policies.

Everyone involved in Nanaimo Pickleball Club activities including athletes, parents, coaches, teachers, officials and licensed health care professionals are responsible for the recognition and reporting of pickleball participants who may demonstrate visual signs of a head injury or who report concussion related symptoms.

If any player is suspected of sustaining a concussion they should immediately be removed from play.

Depending on the suspected severity of the injury, an initial assessment may be completed by an onsite licensed health care professional where available.

The player should be taken to a quiet area and undergo further assessment. Any athlete suspected of having sustained a concussion must not return to a game or practice and must be referred for medical assessment.

If there are no visible signs of a concussion and the athlete displays no concussion symptoms, then the athlete may return to play but should be monitored for delayed symptoms.

If a player is suspected of sustaining a more severe head or spine injury an ambulance should be called immediately. The player should not be left alone and should not be moved. The athlete should be accompanied in the ambulance. The injured person's emergency contact should be notified.

Each player that has been diagnosed with a concussion must provide a Nanaimo Pickleball Club board member executive with a medical clearance letter that specifies that a medical doctor or nurse practitioner has personally evaluated the patient and has cleared the player to return to sport. The letter should be retained for a period of one (1) year.

All concussion or suspected concussion incidents shall also be reported and documented per the Nanaimo Pickleball Club Medical Incident Policy.

## **5. IMPLEMENTATION**

The Board of Nanaimo Pickleball Club must communicate this Policy to all those governed by this Policy.

The graphic [Concussion Recognition Tool 5](#) from the British Journal of Sports Medicine can be found on the Nanaimo Pickleball Website under Policies.

Individuals participating in Nanaimo Pickleball Club programs, activities and events are to familiarize themselves with this Policy.

## **6. RESULTS**

Nanaimo Pickleball Club, its Board, volunteers and general membership know when to suspect a concussion and what they should do. Athletes, parents and guardians are familiar with and abide by this Policy.

Individuals confirm they feel safe while participating in Nanaimo Pickleball Club programs and events knowing that any medical incident will be recognized as such as handled with appropriate care and attention.

This policy is followed and appropriate actions are immediately taken to reduce the risk of serious injury where a concussion is suspected.

## **7. COMING INTO FORCE**

This policy shall come into force May xx, 2023