

## Concussion Safety

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### Purpose

Community Living Grimsby, Lincoln, and West Lincoln (the Agency) acknowledges that concussions are serious injuries requiring appropriate follow-up measures to minimize the risk of further injury.

### Procedures

1. If an individual experiences a direct blow to the head, face, neck, or a forceful impact to the body that causes the brain to move rapidly, they may have a concussion or potential concussion and should seek immediate medical attention.
2. Upon confirmation of a concussion, the affected individual must rest and avoid vigorous physical activities and contact sports as advised by their doctor.
3. The individual will be closely monitored for post-concussive symptoms for 24-48 hours.
4. Rest is crucial for recovery from a concussion, involving both physical and mental rest.

### Definitions

#### A concussion:

- Is a brain injury that alters brain function, leading to physical (e.g., headache, dizziness), cognitive (e.g., difficulty concentrating or remembering), emotional/behavioral (e.g., depression, irritability), and/or sleep-related symptoms (e.g., drowsiness, difficulty falling asleep).
- Can result from a direct blow to the head, face, neck, or a forceful impact to the body that causes the brain to move rapidly within the skull.
- Can occur without loss of consciousness; most concussions happen without it.
- Diagnosis relies on self-reported symptoms and can be subjective and taxing for the individual.
- Is clinically diagnosed by a medical doctor or nurse practitioner.