# CONCUSSION POLICY

## Definitions

1. The following terms have these meanings in this Policy:
    a) **Concussion** - A concussion is a brain injury that cannot be seen on routine X-rays, CT scans or MRIs. It affects the way a person may think and remember things, and can cause a variety of symptoms. Any blow to the head, face or neck, or a blow to the body that jars your head, could cause a concussion.
    b) **Suspected Concussion** – means the recognition that an individual appears to have either experienced an injury or impact that may result in a concussion, or is exhibiting unusual behaviour that may be the result of concussion.
    c) **Individuals** – All individuals, including Registered Participants, employees, volunteers, administrators, committee members and directors and officers.
    d) **Registered Participant** – Coaches, athletes, volunteers, officials and other Registered Individuals
    e) **Sport-Related Concussion ("SRC")** – A sport-related concussion is a traumatic brain injury induced by biomechanical forces. Several common features that may be used to define the nature of a SRC may include:
        i. Caused either by a direct blow to the head, face, neck or elsewhere on the body with an impulsive force transmitted to the head.
        ii. Typically results in the rapid onset of short-lived impairment of neurological function that resolves spontaneously. However, in some cases, signs and symptoms evolve over a number of minutes to hours.
        iii. May result in neuropathological changes, but the acute clinical signs and symptoms largely reflect a functional disturbance rather than a structural injury and, as such, no abnormality may be visibly apparent
        iv. Results in a range of clinical signs and symptoms that may or may not involve loss of consciousness. Resolution of the clinical and cognitive features typically follows a sequential course. However, in some cases symptoms may be prolonged.
    f) **Parachute Canada** – A national organization responsible for leading the Concussion Protocol Harmonization Project.

## Policy Statement

2. Volleyball Canada is committed to ensuring the safety of those participating in the sport of volleyball. Volleyball Canada recognizes the increased awareness of concussions and their long-term effects and believes that prevention of concussions is paramount to protecting the health and safety of all Individuals.

## Purpose

3. This Policy sets the broad terms to be achieved through Volleyball Canada's concussion protocols.

## Scope and Application

4. This Policy applies to all Individuals participating within Volleyball Canada sanctioned training camps, practices, events and competitions.

5. Failure to abide by any of Volleyball Canada's concussion protocols may result in disciplinary action in accordance with Volleyball Canada's *Discipline and Complaints Policy*.

6. Volleyball Canada accepts no liability to other Individuals in their use or interpretation of this Policy.

## Provisions

7. Volleyball Canada is committed to promoting the safety and well-being of all Individuals and Registered Participants, and recognizes that head injuries and/or concussions can adversely impact the cognitive, physical, emotional and social development of an individual.

8. Volleyball Canada will establish and publish protocols to govern identification and management of head injuries and/or concussions for Volleyball Canada sanctioned training camps, practices, events and competitions.

9. Volleyball Canada will work with all its Provincial/Territorial Associations to promote these protocols in accordance with regional legislation.

10. Volleyball Canada will continue to follow best practices, including the Concussion in Sport Group (CISG), and the Concussion Protocol Harmonization Project lead by Parachute Canada.

## Communications

11. Volleyball Canada will publish its concussion protocols for all individuals. These protocols will be effectively communicated to the Provincial/Territorial Associations and Individuals, including registered participants, prior to all Volleyball Canada events.

## Review

12. This Policy will be reviewed at least once every two years, or as decided by the Chief Executive Officer and/or the Volleyball Canada Board of Directors.

13. This Policy will next be reviewed in December 2022.

14. Volleyball Canada will review and publish its concussion protocols online every year.

## Approval

15. This Policy was drafted by Volleyball Canada and approved by its Board of Directors and by the Provincial/Territorial Associations on October 13, 2020, and by Volleyball Manitoba and its Board of Directors on November 24, 2024.

## Resources

Volleyball Canada Concussion Protocol -
https://volleyball.ca/uploads/Policies/VC_Concussion_Policy/Volleyball_Canada_Concussion_Protocol_EN_Oct_2020.pdf

Pre-Season Concussion Education Sheet -
https://volleyball.ca/uploads/Policies/VC_Concussion_Policy/PreSeason_Education_Sheet_EN.pdf