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| **CATEGORY:** | **1.0 Boccia High Performance** | | | |
| **SECTION:** | **1.5 Concussion** | | | |
| **POLICY:** | **1.5.1 Concussion Policy** | **APPROVED: March 25, 2021** | **REVIEW DATE:** | **PAGES: 3** |

**Definitions**

1. The following terms pertain to this policy:
   a) "Participants" – Boccia athletes, sports assistants, performance partners, coaches, integrated support team (IST), officials, teachers, trainers, health care professionals, parents and volunteers.
   b) "Concussion" - a diffuse brain injury with the potential for coexisting, overlapping and confounding pathologies as a result of a physical impact.

**Purpose**

2. CCPSA is committed to ensuring the safety of everyone participating in the sport of Boccia. CCPSA recognizes the increased awareness of concussions and their long-term effect and believes that prevention of concussions is paramount to protecting the health and safety of our participants.
3. This policy, accompanying *Boccia Canada Concussion Management Guidelines (BCCMG)*, provides the protocol to be followed in the event of a possible concussion. Awareness of the signs and symptoms of concussion and knowledge of how to properly manage a concussion is critical to recovery and helpful to ensure the individual does not return to physical activities too soon, risking further health complications.
4. A concussion is a clinical diagnosis that can only be made by a physician.

**Procedure**

5. During all events, competitions, practices as well as activities of daily living, participants must refer to the *BCCMG* and use their best efforts to remain aware of incidents that may cause a concussion and recognize and understand the symptoms that may result from a concussion. Symptoms may appear immediately after the injury or within hours or days of the injury and


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may be different for everyone. For reference, some common signs and symptoms are included in the *BCCMG*.

**Coach / Administrator / Supervisor Responsibilities**

6. All members of the Boccia Canada community (including parents, sports assistants, performance partners, coaches, IST members, officials, teachers, trainers) should be familiar with their responsibilities under the BCCMG. The guidelines explain how to recognize signs of a concussion, the initial actions that should be taken, the return to play protocols and the reporting responsibilities to CCPSA.
7. Every possible concussion incident must be reported to CCPSA.

**Return to Play**

8. A participant with a suspected concussion, even if the participant was not rendered unconscious, will not be permitted to return to play until the participant has consulted a physician.
9. Prior to returning to play, the participant must consult and follow the Return to Play strategy of the *BCCMG.*

**Medical Clearance**

10. In following the Return to Play strategy of the *BCCMG*, the participant will have to consult a medical physician.
11. Once the participant is given a medical clearance by the physician, the coach, the administrator or a supervisor is required to forward a copy of the medical clearance letter to CCPSA for monitoring purposes.

**Summary of Reporting Obligations**

12. If a concussion is suspected, a concussion incident form and a medical assessment form must be completed and forwarded to CCPSA. These documents are available online at www.bocciacanada.ca.
13. When the athlete is ready to return to play and resume Boccia activities, a medical clearance letter from a physician is required.

**Non-Compliance**

14. Failure to abide by any of the guidelines and protocols contained within this policy may result in disciplinary action in accordance with CCPSA's Discipline and Complaints Policy.