



CONCUSSION POLICY

PURPOSE

1. Football PEI is committed to maintaining the health of its athletes and believes that an athlete's health is more important than participating in the sport of football. Football PEI recognizes the increased awareness of concussions and their long-term effects and Football PEI has enacted this Policy as a tool to help manage concussed and possibly-concussed athletes and preserve their health.

SCOPE

2. This Policy applies to all athletes, coaches, officials, parents, members and decision-makers of Football PEI.

ADHERENCE

3. Football PEI adopts and adheres to Football Canada's Return to Play Procedure which includes both the Return to Football Protocol and concussion guidelines.

PROCEDURE

4. During all Football PEI events, competitions, and practices sanctioned by Football PEI, participants (which include coaches, athletes, officials, and other members) will use their best efforts to:
 - i. Be aware of incidents that may cause a concussion, such as:
 - a. Falls
 - b. Accidents
 - c. Collisions
 - d. Head trauma
 - ii. Understand the symptoms that may result from a concussion, such as:
 - a. Nausea
 - b. Poor concentration
 - c. Amnesia
 - d. Fatigue
 - e. Sensitivity to light or noise
 - f. Irritability
 - g. Poor appetite
 - h. Decreased memory
 - iii. Identify athletes or other individuals who have been involved in any of the above incidents and/or exhibit any of the above symptoms
5. Athletes or other individuals who have been involved in an incident that may cause a concussion and who may exhibit symptoms of a concussion shall be identified and removed from the football activity.
6. Following the athlete being removed from the football activity, the athlete's coach or other individual in charge of the athlete (if the athlete is a minor) or someone familiar to the athlete should:
 - i. Call an emergency number (if the situation appears serious)
 - ii. Notify the athlete's parent (if the athlete is a minor) or someone close to the athlete (if the athlete is not a minor)
 - iii. Have a ride home for the athlete arranged
 - iv. Isolate the athlete into a dark room or area



- v. Reduce external stimulus (noise, other people, etc.)
 - vi. Remain with the athlete until he or she can be taken home
 - vii. Encourage the consultation of a physician
7. Once the athlete's immediate needs have been met, the athlete's family or the athlete should be directed to Football Canada's Return to Play Procedure.

RETURN TO FOOTBALL

8. An athlete who has been concussed should only return to football activity by following the steps outlined in Football Canada's Return to Play Protocol. <http://safecontact.footballcanada.com/concussion-education/concussion-return-to-play/>
- i. **STEP 1: No activity, only complete rest**
Limit school, work and tasks requiring concentration. Refrain from physical activity until symptoms are gone. **Once symptoms are gone, a physician, preferably one with experience managing concussions, should be consulted before beginning a step wise return to play process.**
 - ii. **STEP 2: Light aerobic exercise**
Activities such as walking or stationary cycling. The player should be supervised by someone who can help monitor for symptoms and signs. No resistance training or weight lifting. The duration and intensity of the aerobic exercise can be gradually increased over time if no symptoms or signs return during the exercise or the next day.
 - Symptoms? Return to rest until symptoms have resolved. If symptoms persist, consult a physician.
 - No Symptoms? Proceed to Step 3 the next day.
 - iii. **STEP 3: Sport specific activities**
Activities such as running or throwing can begin at step 3. There should be no body contact or other jarring motions such as high-speed stops.
 - Symptoms? Return to rest until symptoms have resolved. If symptoms persist, consult a physician.
 - No Symptoms? Proceed to Step 4 the next day.
 - iv. **STEP 4: Begin drills without body contact.**
 - Symptoms? Return to rest until symptoms have resolved. If symptoms persist, consult a physician.
 - No Symptoms? The time needed to progress from non-contact exercise will vary with the severity of the concussion and with the player. proceed to Step 5 **only after medical clearance.**
 - v. **STEP 5: Begin drills with body contact**
 - Symptoms? Return to rest until symptoms have resolved. If symptoms persist, consult a physician.
 - No Symptoms? Proceed to Step 6 the next day.
 - vi. **STEP 6: Game play**

Never return to play if you still have symptoms!

A player who returns to active play before full recovery from the first concussion is at high risk of sustaining another concussion, with symptoms that may be increased and prolonged.