



CONCUSSION POLICY AND PROTOCOL

Concussions can occur while participating in any sport or activity. Since the circumstances under which a concussion can be sustained are varied, it is important for coaches, parents, and athletes to be aware of signs, symptoms, and what to do if a concussion occurs.

PURPOSE:

This policy is meant to provide an educational, preventative and guideline to concussions in the sport of Taekwondo. The goal is to ensure that our members are afforded adequate safety measures while engaged in Taekwondo activities. The scope of this policy is to address the injury of concussion in sparring competition under the jurisdiction of Taekwondo Manitoba.

SCOPE:

Taekwondo Manitoba is the Provincial Sport Organization responsible for the sanctioning of Taekwondo competitions/tournaments in Manitoba. This responsibility was conferred by the Province of Manitoba Order-in-Council 257/2014.

BEST PRACTICES:

These tournaments carry a risk of concussion and Taekwondo Manitoba has adopted a concussion protocol based on best practices. These best practices cover planning for education and what to do should a concussion occur.

1. What is a concussion?
2. What causes a concussion?
3. When should I suspect a concussion?
4. Symptoms of a concussion?
5. What are the visual signs of a concussion?
6. What should I do if I suspect a concussion?

Please read and share – **Concussion Education Sheet**

<https://36ocko28yv341ewmbt4fb8yw-wpengine.netdna-ssl.com/wp-content/uploads/2022/03/EN-PreSeason-Education-Sheet-Parachute-FINAL-SMB-Brand-2022.pdf>

COMPETITIONS:

Taekwondo Manitoba follows World Taekwondo rules of competition. Taekwondo is a combative discipline which inherently carries some risk. In an effort to reduce the incidence of concussion, protective equipment is a requirement of the sanctioned tournament, also is the attendance of a medical support team consisting of a multi-discipline medical crew adequate to safely administer treatment for the number of competitors present at the tournament. Also, within the rules of competition are prohibited acts including touch to the head area for athletes 12 and under black belt levels.

REFEREES IN COMPETITION:

World Taekwondo rules of competition, used by Taekwondo Manitoba, is clear on how to deal with injuries that occur during competitions.

The Referee has the authority to suspend a match and stop an athlete from continuing to compete if it is determined that the athlete is injured or incapable of competing without presenting risk of their health.

RETURN TO PLAY:

A concussion is a brain injury that cannot be seen on routine x-rays, scans or mri's. Any blow to the head, face, neck or a blow to the body that jars the head, could cause a concussion. This is a serious event, but one can recover from such an injury if the brain is given enough time to rest and recuperate. Returning to normal activities, including taekwondo, is a STEP-WISE PROCESS that requires patience, attention and caution.

STEP-WISE PROCESS:

1. Symptom limited activity
2. Light aerobic exercise
3. Sport specific activity
4. Begin practice without body contact
5. Practice with body contact, once cleared by doctor
6. Competitions

Please read and share **Return to Sport Guidelines**

<https://36ocko28yv341ewmbt4fb8yw-wpengine.netdna-ssl.com/wp-content/uploads/2022/03/Concussion-Return-to-Play-Guidelines-SMB-Brand-2022.pdf>

- How long does the step-wise process take?
- How to find the right doctor?
- What if my symptoms return during this process?

MEDICAL CLEARANCE:

Athletes who are diagnosed with a concussion should be managed according to the Canadian Guideline on Concussion in Sport including return to sport strategies.

<https://www.parachutecanada.org/en/professional-resource/concussion-collection/canadian-guideline-on-concussion-in-sport/?msclkid=940130d4cf5811ecb91fb5bb7d22d11b>

Please read and share: **Medical Clearance Letter**

<https://36ocko28yv341ewmbt4fb8yw-wpengine.netdna-ssl.com/wp-content/uploads/2022/03/EN-Medical-Assessment-Letter-Parachute-FINAL-SMB-Brand-2022.pdf>

PREVENTION:

It is important to take a preventative approach when dealing with concussions. This is especially true after a recent concussion. Prevention of concussions and head injuries is most successful when teammates and colleagues are properly educated and the safety rules of the sporting environment of Taekwondo are enforced. Respect for the mutual safety of others must be highlighted. Because concussions are an invisible injury, it is important to share concussion information with others- to inform them of the injury and provide information education on concussions.

ADDITIONAL RESOURCES:

Taekwondo Canada -<https://taekwondo-canada.com/safesport/concussion/>

Parachute-<https://parachute.ca/en/injury-topic/concussion/>

Sport Manitoba-<https://www.sportmanitoba.ca/resources/concussion-information/>