



# CONCUSSION POLICY

**Coaches – Athletes – Parents - Officials**



## Background

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WAKO Canada has been a leader in sport injury management. Our association created the first module for coaching certification that focused on concussion education. It must be the priority of all stakeholders to become educated with current medical knowledge to best identify, prevent, manage and protect all participants. Kickboxing along with all contact sports has inherent risks for head injury. Without immediate identification and proper management, a concussion can result in long term brain damage. WAKO Canada has developed a standardized best practice Concussion Policy for everyone involved in the sport of kickboxing.

This policy is based on current evidence taken from the Canadian Association of Sport Medicine, the Canadian Concussion Collaborative and Coaching Association of Canada, as well as from the Ministry of Sport. WAKO Canada is grateful for the assistance provided by our sister association in Canada including Canada Soccer, Ringette Canada, and Rugby Canada.

While this policy aims to reflect 'best practice' it is recognized that there is emerging research with the effectiveness in preventing long term impact of concussions or head trauma. WAKO Canada will continue to monitor research and consensus and update our policies accordingly.

## Summary

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- A concussion is a brain injury that impacts the normal functions of the brain.
- All concussions must be regarded as potentially serious.
- Most concussions recover completely with correct management.
- The cause can be a direct blow to the head, face, neck or impact to the body that transmits a force to the head that causes the brain to move rapidly within the skull.
- Symptoms can be physical (eg. headache, dizziness, upset stomach, drowsiness)
- Symptoms can be cognitive (eg. difficulty concentrating, loss of memory, confusion)
- Symptoms can be emotional (eg. depression, irritability)
- Symptoms can occur immediately or develop after hours and even days.
- Symptoms may evolve and persist for long periods of time.
- Anyone with a suspected concussion following an injury must be immediately removed from training or competition and receive prompt assessment by a medical doctor.
- Concussion symptoms must be completely resolved and documented clearance completed by a medical physician before resuming training or competition.
- Failure to recognize and concussion symptoms or returning to activity with on-going concussion symptoms can cause Cumulative Concussion Syndrome and Second Impact Syndrome.

## PSO/TSO Policies

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1. All PSO/TSOs will implement education programs for all participants and coaches.
2. All PSO/TSOs will have concussion procedures for all competitions.
3. All PSO/TSOs will report all concussion incidents to WAKO Canada.
4. All PSO/TSOs will provide support to member clubs for concussion education initiatives.
5. WAKO Canada will keep statistics on all concussion incidents.
6. WAKO Canada will ensure that all National Coaches have Concussion Education training.



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## Coaching Protocols

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1. Coaches will complete the Sports Injury Management module (Level I Course).
2. Coaches will complete the Making Headway Concussion e-Learning Series:  
<http://coach.ca/-p153487>
3. Coaches will ensure that their gym/club has an organized and well-rehearsed E.A.P.
3. Coaches will complete a WAKO Canada Concussion Incident Form for every case.
4. Coaches will ensure that the facility is safe and danger free.
5. Coaches will ensure that athletes only use well-maintained, properly fitted equipment.
6. Coaches will complete the Concussion Code of Conduct every year upon registration.
7. Coaches will implement annual concussion education sessions with their athletes.

## Athlete Protocols

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1. Athletes will complete the Making Headway Concussion e-Learning Series:  
<http://coach.ca/-p153487>
2. Athletes will only use well-maintained, properly fitted equipment.
3. Athletes will tell their coach immediately if they experience any concussion symptoms.
4. Athletes will tell their coach if they have experienced a concussion outside of the club.
5. Athlete will complete the Concussion Code of Conduct every year upon registration.

## Parent/Guardian Protocols

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1. Parents are encouraged to take the Sports Injury Management module (Level I Course).
2. Parents are encouraged to complete the Making Headway Concussion e-Learning Series:  
<http://coach.ca/-p153487>
3. Parents are encouraged to review and support their gyms/clubs has an E.A.P.
4. Parents ensure that their child is only using well-maintained, properly fitted equipment.
5. Parents/guardians of athletes under 18 will complete the Concussion Code of Conduct every year upon registration.

## Officials Protocols

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1. Officials will complete the Sports Injury Management module (Level I Course).
2. Officials will complete the Making Headway Concussion e-Learning Series:  
<http://coach.ca/-p153487>
3. Officials will complete a WAKO Canada Concussion Incident Form at competitions.
4. Officials will ensure that competition venues are safe and danger free.
5. Officials will ensure that athletes only use well-maintained, properly fitted equipment.
6. Officials will complete the Concussion Code of Conduct every year upon registration.



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## Resources

Coaching Association of Canada: Making Headway Concussion e-Learning Series:

<http://www.coach.ca/concussion-awareness-s16361>

Center for Disease Control and Prevention – HEADS UP to Youth Sport

<http://www.cdc.gov/headsup/youthsport/index.html>

Parachute – Preventing Injuries Saving Lives – Concussion FAQ and Resources

<http://www.parachutecanada.org/injury-topics/topic/C9>

Ontario Ministry of Health Concussion Resources:

<http://www.health.gov.on.ca/en/public/programs/concussions/>

Rowan's Law

<https://www.ontario.ca/laws/statute/18r01>