



## **Concussion Policy PURPOSE**

Calgary Mako Water Polo 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 water polo. Calgary Mako Water Polo recognizes the increased awareness of concussions and their long-term effects and therefore enacts this Policy as a tool to help manage concussed and possibly-concussed athletes and preserve the health of its members.

## **SCOPE**

This Policy applies to all athletes, coaches, officials, members and decision-makers of the Calgary Mako Water Polo Club.

## **ADHERENCE**

Calgary Mako Water Polo adopts and adheres to Canada's Return to Play guidelines (Appendix A)

## **PROCEDURE**

During all competitions and practices sanctioned by Calgary Mako Water Polo, participants (which include coaches, athletes, officials, and other members) will use their best efforts to:

1. Be aware of incidents that may cause a concussion, such as:
  - a. Falls
  - b. Accidents
  - c. Collisions
  - d. Head trauma
2. 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
3. Identify athletes or other individuals who have been involved in any of the above incidents and/or exhibit any of the above symptoms

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 play.

Following the athlete being removed from the 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:

- A. Call an emergency number (if the situation appears serious)
- B. Notify the athlete's parent (if the athlete is a minor) or someone close to the athlete (if the athlete is not a minor)
- C. Have a ride home for the athlete arranged
- D. Isolate the athlete into a dark room or area
- E. Reduce external stimulus (noise, other people, etc)
- F. Remain with the athlete until he or she can be taken home
- G. Encourage the consultation of a physician

Once the athlete's immediate needs have been met, the athlete's family or the athlete should be directed to the Return to Play Procedure.



## **RETURN TO ACTIVITY**

An athlete who has been concussed should only return to water polo by following the steps outlined in the return to play document (minimum of 24 hours between steps)

- STEP 1: No activity
- STEP 2: Light aerobic exercise
- STEP 3: Sport specific activity (no contact)
- STEP 4: Participate in drills (no contact)
- STEP 5: Practice with contact
- STEP 6: Return to unrestricted training and competition

## **MEDICAL CLEARANCE**

Requires the athlete to consult with a physician at two stages: a) before returning to light aerobic exercise, and b) before resuming full water polo practice.

Calgary Mako Water Polo agrees with the return to play protocol and will require the athlete to obtain medical clearance, ideally from a physician familiar with concussions, before permitting the athlete to resume full activity with the club.



## **Review Date and Approval Date**

This policy is to be reviewed annually either by the Board or a committee assigned for such purpose. Changes should be recommended and presented to the Board for approval.

Approval Date: April 1, 2019 Review Date:

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## **Appendix A**

[Concussion Action Plan](#)

[Concussion Recognition Tool](#)

[Fact Sheets for Coaches](#)

[Fact Sheets for Parents](#)

[Fact Sheets for Players](#)

[Return to Play Guidelines](#)