

THE CORPORATION OF THE TOWNSHIP OF PICKLE LAKE



BY-LAW NO. 2017-13

BEING A BY-LAW TO ADOPT A POLICY FOR THE PREVENTION AND MITIGATION OF RISKS ASSOCIATED WITH CONCUSSIONS.

WHEREAS Section 10 (2), 6 of the *Municipal Act 2001*, as amended, authorizes a single-tier Municipality to pass a by-law for the health, safety and well-being of persons;

AND WHEREAS the Council for the Corporation of the Township of Pickle Lake acknowledges the seriousness and long term effects resulting from concussions caused by injuries sustained during physical activity;

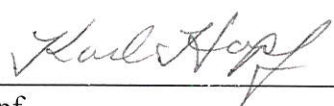
AND WHEREAS the Council for the Corporation of the Township of Pickle Lake has developed a concussion policy, as per requirements of The Government of Ontario's *Concussion Strategy*, March 2013, establishing standards to protect those who use Township sports facilities and participate in recreational programs, with the intent to mitigate the risks associated with concussions;


NOW THEREFORE the Council of the Corporation of the Township of Pickle Lake **ENACTS AS FOLLOWS:**

1. **THAT** the Township of Pickle Lake Concussion Prevention and Management Policy be adopted.
2. **THAT** the accompanying Policy form Schedule 'A' to this By-Law.
3. **THAT** this By-Law shall come into force at the time of passing.

BE READ A FIRST, SECOND AND THIRD TIME AND FINALLY PASSED THIS

28th day of March, 2017.


Karl Hopf
Mayor


Erkki Pohjolainen
Clerk-Treasurer

Schedule A to Bylaw 2017-13



Township of Pickle Lake Concussion Prevention and Management Policy

The Township of Pickle Lake understands the seriousness and long-term effects of concussions and has developed a concussion policy to create standards to protect those who use Township sports facilities and participate in recreation programs. The intent of this policy is to create guidelines in order to mitigate the risks associated with concussions.

Purpose

- Provide concussion awareness for current and future employees and volunteers who are involved in recreation programs and supervision of participants.
- Inform users of recreational facilities and sports fields that the Township of Pickle Lake has adopted a concussion policy and that information resources are available.
- Improve concussion awareness among participants and their families.

Guidelines

- All program rules and regulations are clearly communicated to all participants, including no contact rules.
- Consequences for physical contact are clearly communicated.
- All current and future staff who are involved in sports and recreation programs will be made aware of the common signs and symptoms of a concussion and shall never allow a child to continue to participate if a concussion has or may have occurred.
- Staff shall be taught how to properly manage a potential concussion incident and their prevention measures.

Concussion Information

- A concussion is a **brain injury** that may be caused by a **direct blow to the head, face, neck or the body** that causes **jarring in the brain**.
- Symptoms of a concussion may **not occur immediately**, but may instead **show hours after the initial incident** and initial symptoms may continue to **worsen overtime**.
- Concussions may be sustained even if an individual has **not lost consciousness**.
- A subsequent concussion that occurs before the brain recovers from the first **can increase the chances of long term effects**. Repeated concussions can result in **brain swelling, permanent brain damage, or fatality**.

*As presented in the Concussion Guidelines Manual from the Ministry of Tourism, Culture and Sport

Signs and Symptoms

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Slurred speech
- Double or blurry vision
- Sensitivity to light and/or noise
- Feeling "off", sluggish or fatigued
- Confusion, concentration or memory problems
- Neck pain
- One pupil larger than the other
- Convulsions or seizures

*For more information on Concussion signs and symptoms please visit ParachuteCanada

What should you do if you think you have a Concussion?

- **Immediately** remove yourself from the activity and **tell someone**
- Seek medical attention **right away**.
- The most important treatment is **rest**. Take **time** to get better.
- The signs and symptoms of a concussion often last for **7-10 days but may last much longer**. It is important to always **check with your physician** before returning to physical activity.

Concussion Procedures

- Any child who has, or who has been suspected of having a concussion will be removed from any physical activity until appropriate to the injury or dictated by a physician.
- All injuries sustained while at a Township of Pickle Lake recreation program shall be documented by staff and followed up with their Supervisor.
- Concussion brochures will be placed in all Township owned recreation facilities, offices, found online at picklelake.ca and made available by recreation staff

Injury No Symptoms

- If a child has an injury which may have caused a concussion, even if they are not immediately exhibiting any signs, they must be removed from any physical activity for the next 24 hours.
- The incident must be communicated to the child's guardian and the guardian given a Concussion Brochure.
- The child must be observed throughout the next 24 hours for any signs or symptoms.
- If no symptoms are reported by the parents or any staff after 24 hours they may return to normal play.

Injury Concussion Suspected

- If a child has an injury and they are demonstrating any signs or symptoms, or if it is believed that a concussion has occurred, the child must be removed from all physical activity, and their parents contacted and advised to take the child to a physician.
- The incident must be documented and the child may not return to physical activities until they have been cleared to do so by a physician.

Serious Injury or Loss of Consciousness

- If a child has a serious injury or loses consciousness, emergency medical services must be called and the child sent to the clinic.
- The parents must be informed and a report filed.
- The child may not return to any physical activity without documented clearance from a physician.

Repeated Concussions

- Once someone has sustained a concussion they are at greater risk of sustaining another. Multiple concussions can lead to permanent brain damage.
- Any child who has two or more concussions within six (6) months may not be permitted to participate in physical activities without additional medical documentation.

Responsibility

Guardians and Children

- Children participating must inform one of the staff if they are injured, if it has not been witnessed.
- Children must inform employees if they have had any injury, even if it was not sustained that day, and are now experiencing any symptoms of a concussion.
- Guardians must provide medical documentation allowing a child to participate after a concussion when requested.
- Guardians must inform the Township of Pickle Lake in the event that their child has sustained a concussion prior to participating in any events.

The Township of Pickle Lake

- Provide ongoing training to employees and volunteers on recognizing signs and symptoms of potential concussions, procedures to be followed in the event of a concussion and how to document these potential injuries.
- Complete an annual assessment of current recreation programs and implement concussion prevention measures where required.
- Ensure that parents, employees and volunteers are aware of the concussion policy.
- Ensure that all guidelines are being followed without exception.
- Create alternative activities for children who must sit out during sporting events.
- Provide ongoing concussions awareness to members of the public using recreation services and facilities, which includes information brochures available at the Township office or online at picklelake.ca.

Employees and volunteers

- Employees and volunteers shall limit and monitor activities that may lead to concussions. They may exercise the right to prevent a child from participating in an activity if they determine it is the child's best interest, even if the child has been cleared to play.
- All accidents must be reported even if they seem inconsequential.
- Employees and volunteers who allow a child to play after a concussion has been suspected shall face disciplinary action up to and including termination of employment/volunteering.

Privacy

All medical information collected by the Township of Pickle Lake will be handled, stored and kept confidential in accordance with our Confidentiality Policy and collected only for the purpose of ensuring safe participation