
Subject: Orienteering New Brunswick Policy on Concussions

Effective: April 1, 2019

1. General

Orienteering New Brunswick (ONB) 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.

Most people with a concussion recover well from symptoms experienced at the time of the injury. But for some people, symptoms can last for days, weeks, or longer. In general, recovery may be slower among older adults, young children, and teens. Those who have had a concussion in the past are also at risk of having another one. Some people may also find that it takes longer to recover if they have another concussion.

This policy applies to all ONB organized or sanctioned events.

2. Definition

Concussion an injury to the brain resulting in a disturbance of brain function involving thinking and behaviour.

3. Causes of Concussion

Concussion can be caused by a direct blow to the head or an impact to the body causing rapid movement of the head and subsequent movement of the brain within the skull.

4. Procedures for Recognizing a Concussion

During all orienteering events, including competitions, training, or practice sanctioned by ONB, officials and coaches will take notice of incidents that may cause a concussion, such as:

- Trips and falls;
- Head trauma;
- Accidents.

Any one or more of the following visual clues can indicate a concussion:

- Dazed, blank or vacant look
- Lying motionless on ground / slow to get up
- Loss of consciousness or responsiveness – confirmed or suspected
- Unsteady on feet, balance problems, falling over, or poor coordination
- Confused or not aware of play or events
- Grabbing, clutching, or shaking of the head
- Seizure
- More emotional or irritable than normal for that person.

Symptoms of concussion usually fall into four categories:

Thinking/Remembering	Physical	Emotional/Mood	Sleep
Difficulty thinking clearly	Headache Fuzzy or blurry vision	Irritability	Sleeping more than usual
Feeling slowed down	Nausea or vomiting (early on) Dizziness	Sadness	Sleep less than usual
Difficulty concentrating	Sensitivity to noise or light Balance problems	More emotional	Trouble falling asleep
Difficulty remembering new information	Feeling tired, having no energy	Nervousness or anxiety	

5. Emergency Plan Procedures

Procedures for officials and coaches:

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 activity and not return that same day.

People with a concussion need to be seen by a health care professional.

When to Seek Immediate Medical Attention:

Danger Signs in Adults

Contact your health care professional or emergency department right away if you experience these danger signs after a bump, blow, or jolt to your head or body:

- Headache that gets worse and does not go away.
- Weakness, numbness or decreased coordination.
- Repeated vomiting or nausea.
- Slurred speech.

The people checking on you should take you to an emergency department right away if you:

- Look very drowsy or cannot wake up.
- Have one pupil (the black part in the middle of the eye) larger than the other.
- Have convulsions or seizures.
- Cannot recognize people or places.
- Are getting more and more confused, restless, or agitated.
- Have unusual behavior.
- Lose consciousness.

Danger Signs in Children

Take your child to the emergency department right away if they received a bump, blow, or jolt to the head or body, and:

- Have any of the danger signs for adults listed above.
- Will not stop crying and are inconsolable.

6. Return to Orienteering

Participants should seek advice of their health care professional. Concussion symptoms should be sufficiently resolved before resuming orienteering activities.

7. Education for Officials and Coaches

Officials and coaches will be made aware of the ONB concussion policy and will use their best efforts to implement the policy.

This Policy was approved by the ONB board on: March 24, 2019