**Adopted:** June 28, 2022
**Last Reviewed:** June 28, 2022

# 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 competition.

The Referee has the authority to suspend a match and stop an athlete from continuing to compete if it is determined that the athlete has sustained a head injury or is showing signs of a concussion.

## Return to Play

A concussion is a brain injury that cannot be seen on routine x-rays, scans or MRIs. Any blow to the head, face, neck or body that results in the rapid movement of the brain within the skull can cause a concussion. An athlete does not need to lose consciousness to sustain a concussion.

## 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. Athletes, coaches, officials and parents all have a role to play in preventing concussions and ensuring a safe return to sport.

## 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/

## Policy Review

This policy will be reviewed every three years. The next scheduled review date is **June 2025**.

Amendments to this policy must be approved by the Taekwondo Manitoba Board of Directors.

## Policy Approval

| Approved by | Date Approved | Signature |
|---|---|---|
| Taekwondo Manitoba Board of Directors | June 28, 2022 |  |

## Revision History

| Date | Description of Changes | Approved By |
|---|---|---|
| June 28, 2022 | Initial adoption | Taekwondo Manitoba Board of Directors |
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