

MTC gives first priority to the safety and well being of all participants engaged in tennis and pickleball activities at our facilities. All members have a role to play in encouraging players to assume responsibility for their personal safety and the safety of others.

Definition

A concussion is a traumatic brain injury that interferes with normal brain function. A person receiving a blow to the head does not have to lose consciousness to have suffered a concussion.

Typical Causes

Typical causes for concussions may include:

- Head contact with the court floor or with a pickleball paddle or tennis racquet
- Head contact caused by a collision with another player
- Ball making direct contact with the head of a player, particularly the forehead
- Player experiencing head or upper body contact with permanent fixed objects around the court, such as net posts, benches or fencing

Common Signs and Symptoms of Concussion

Following a blow to the head, face or neck, or a blow to the body that transmits a force to the head, a concussion should be suspected in the presence of any one or more of the following signs or symptoms:

<i>Visual signs of a concussion may include</i>		
Lying motionless on the playing surface	Clutching head	Facial Injury
Blank or vacant stare	Disorientation or confusion or inability to respond appropriately to questions	Slow to get up after a direct or indirect hit to the head
Balance, gait difficulties, motor incoordination, stumbling, slow labored movements		

<i>Symptoms as reported by person with suspected concussion</i>		
Headaches or head pressure	Blurred or fuzzy vision	Difficulty reading
Easily upset or angered	Sensitivity to light or sound	Nervousness or anxiety
Dizziness	Balance problems	Not thinking clearly
Nausea and vomiting	Feeling tired or having no energy	

What to do With a Suspected Concussion?

The player must immediately be removed from the day's events, if one of the following persons believes the player might have sustained a concussion during play: the player, medical personnel (those assuming responsibility for first aid), or in the absence of medical personnel, other player observations.

Depending on the suspected severity of the injury, an assessment may be completed by emergency medical professionals or by an on-site licensed healthcare professional where available. In cases where a member loses consciousness or it is suspected a member may have a more severe head or spine injury, Emergency Medical Assessment by emergency medical professionals should take place.

Emergency Medical Assessment

If a member is suspected of sustaining a more severe head or spine injury while participating in a tennis or pickleball activity, an ambulance should be called immediately to transfer the patient to the nearest emergency department for further Medical Assessment.

Other members, spectators, coaches and officials should not make any effort to remove equipment or move the member until an ambulance has arrived and the member should not be left alone until the ambulance arrives. After the emergency medical services staff has completed the Emergency Medical Assessment, the member should be transferred to the nearest hospital for Medical Assessment. In the case of youth (under 18 years of age), the member's parent/legal guardian should be contacted immediately to inform them of the member's injury. For members over 18 years of age, their emergency contact person should be contacted if one has been provided.

Incident Report

When a member has been removed from play due to a suspected concussion, an incident report is to be completed and signed by the attending medical personnel or by the session facilitator or by another player who witnessed the event while on the courts. The incident report is to be forwarded to an MTC Executive Director at info@meadowwoodtennis.com for filing and review.

Concussion Management

Any member diagnosed with a concussion will be provided with a standardized *Medical Assessment Letter* from their healthcare practitioner that notifies the member that they have been diagnosed with a concussion and may not return to any activities with a risk of concussion until medically cleared to do so by a medical doctor or nurse practitioner.

It is important for the member to provide this information to Meadowwood Tennis Club who are responsible for injury reporting and concussion surveillance. Members diagnosed with a concussion are to be managed according to a return to play strategy under the supervision of a medical doctor or nurse practitioner. Once the member has been deemed to be clinically recovered from their concussion, the medical doctor or nurse practitioner can consider the member for a return to full sports activities and issue a *Medical Clearance Letter*. It is important that the member provide MTC Board of Directors with the *Medical Clearance Letter* prior to returning to full tennis or pickleball activities at the Club facilities.

Return to Sport

Members who have been determined to have not sustained a concussion and those that have been diagnosed with a concussion and have successfully completed concussion recovery protocol can be considered for return to full court activities. The final decision to medically clear a member to return to full game activity should be based on the clinical judgment of the medical doctor or nurse practitioner taking into account the member's past medical history, clinical history, physical examination findings and the results of other tests and clinical consultations where indicated (i.e. neuropsychological testing, diagnostic imaging). Prior to returning to full play, each member that has been diagnosed with a concussion must provide the Board with a standardized *Medical Clearance Letter* that specifies that a medical doctor or nurse practitioner has personally evaluated the patient and has cleared the member to return to tennis and/or pickleball play.

Members who have been provided with a Medical Clearance Letter may return to full tennis or pickleball activities as tolerated. If a member experiences any new concussion-like symptoms while returning to play, they should be instructed to stop playing immediately, notify the Board and undergo a follow-up Medical Assessment. In the event that the member sustains a new suspected concussion, MTC must be notified as outlined above.

(I can ask if Jessica Heald, a graphic designer and member, can re-create this as a clean visual for insertion)

MEADOWWOOD TENNIS CLUB CONCUSSION GUIDELINES

CATT (Concussion Awareness Training Tool) – Concussion Pathway, B.C. Injury (Research and Prevention Unit)



A significant impact or motion to the head or body that can cause the brain to move inside the skull

STOP

REMOVE FROM ACTIVITY IMMEDIATELY AND ASSESS FOR RED FLAGS

RED FLAGS

- Neck pain or tenderness
- Double vision
- Seizure or convulsion
- Weakness or tingling/burning in arms or legs
- Severe or increasing headache
- Loss of consciousness
- Deteriorating conscious state
- Vomiting
- Increasingly restless, agitated, or combative

IF YES TO ANY OF THE ABOVE:
Call an ambulance or seek immediate medical care

IF NO TO ALL RED FLAGS:
Assess for signs and symptoms of concussion

FOLLOW MEDICAL ADVICE, AND:

Follow initial recovery protocol of physical and cognitive rest (2 days max), including:

- Limited screen time (smartphones, computers, TV)
- Limited cognitive activity (reading, driving, schoolwork)
- Limited physical activity

Note: Sleep is important! Do not wake during the night if sleeping comfortably

CONCUSSION SIGNS AND SYMPTOMS

- Headache
- Dizziness
- Nausea
- Blurred vision
- Light/Sound sensitivity
- Imbalance
- Ringing in the ears
- Seeing "stars"
- Irritability
- Fogginess
- Fatigue
- Difficulty concentrating
- Poor memory
- Neck pain
- Sadness
- Confusion

IF YES TO ANY OF THE ABOVE:
SEEK MEDICAL ATTENTION from a licensed medical professional (physician/nurse practitioner *)
* If applicable to your area

IF NO SYMPTOMS:
Limit physical activity and watch for concussion signs and symptoms for up to 48 hours

IF SYMPTOMS OBSERVED WITHIN 48 HOURS

IF NO SYMPTOMS OBSERVED AFTER 48 HOURS

AFTER 48 HOURS:

Follow Return to Work strategy
Follow Return to Activity strategy
Follow Return to School strategy
Follow Return to Sport strategy

MENTAL HEALTH

During the course of recovery from a concussion, seek medical attention for mental health challenges as needed, such as:

- More emotional
- Irritability
- Sadness
- Nervousness or awkwardness
- Trouble falling asleep
- Depression

RESUME NORMAL ACTIVITY