

**Name of the Committee**

Executive Committee

**Policy Number**

#1-05



## Concussion Policy

### 1. Policy Statement

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On January 28, 2024, Judo Nova Scotia adopted Judo Canada's Concussion Policy (last updated on January 2, 2023). In accordance with this integration, the Judo Canada Concussion Policy is considered applicable to all participants affiliated with Judo Nova Scotia (including but not limited to athletes, parents, officials, coaches, organizers, volunteers, board members, and staff). For reference, the Judo Canada Concussion Policy is provided below.





# CONCUSSION POLICY

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January 2, 2023



## DEFINITIONS

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The following terms have these meanings in this policy:

- “Activity” means all Judo Canada, PTSO and affiliated club businesses and activities;
- “Affiliated clubs” means a club or dojo member in good standing as per his PTSO policy and regulations;
- “Athlete” refers to any minor or adult registrant participating in an Activity;
- “Coach” means any registrant who instructs judo techniques or directs activities on an official basis;
- “Concussion” refers to a type of traumatic brain injury caused by a bump, blow or jolt to the head, face, neck or body that resulted in a transmission of impact to the head or that causes the head and brain to move rapidly back and forth or side to side and can alter the way the brain normally functions leading to signs and/or symptoms that can be physical (e.g., headache, dizziness), cognitive (e.g., difficulty concentrating or remembering), emotional or behavioural (e.g., depression, irritability) or related to sleep (e.g., drowsiness, poor quality of sleep);
- “Concussion Awareness Resources” refer to information or materials on concussion prevention, detection, reporting and management;
- “Concussion Diagnosis” refers to a clinical diagnosis made by a medical doctor or nurse practitioner;
- “Concussion Management Protocol” refers to the companion to this Policy that helps inform and guide the management of judo athletes through a sport-related concussion and includes the Judo Canada Removal-from-sport and Return-to-sport protocols.
- “Concussion Recognition Tool 5 or CRT5” is the most recent revision of the Pocket Sport Concussion Assessment Tool that was introduced by the Concussion in Sport Group in 2005. The CRT5 is designed to assist non-medically trained individuals to recognise the signs and symptoms of possible sport-related concussion and provides guidance on removing an athlete from sport and seeking medical attention.
- “Designated Person” refers to the person assigned to have final decision-making authority to remove an athlete who is suspected of having a concussion from further training, practice or competition;
- “Including” means including but not limited to;
- “Licensed Healthcare Professional” means a healthcare provider who is licensed by a national professional regulatory body to provide concussion-related healthcare services that fall within their licenced scope of practice. Examples include medical doctors, nurse practitioners, physiotherapists, athletic therapists, and chiropractors;
- “Medical Assessment” means the evaluation of an individual by a licensed healthcare professional to determine the presence or absence of a concussion.
- “Member” means any Provincial or Territorial Sport Organization registered with Judo Canada;
- “Minor” refers to any person under the age of 18 years of age;



## CONCUSSION POLICY

- “Officials” refers to all registrant referees and judges;
- “Parents” refers to parents or guardians of minors;
- “Participants” means all persons engaged in any paid or volunteer capacity with Judo Canada or its Members or affiliated clubs;
- “PTSO or Provincial or Territorial Sport Organization” refers to a provincial or territorial organization Member that is responsible for the management of Judo Canada within its provincial or territorial boundaries;
- “Registrant” means any club or individual that has fulfilled the requirements of registration as required by Judo Canada or member PTSO and has paid any associated registration fees;
- “Sport-related Concussion” refers to a concussion injury sustained during a Judo activity.

## APPLICATIONS

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1. This policy applies to Judo Canada and its Members, Registrants and Participants. It applies at all times wherever an Activity takes place, including Judo Canada, PTSO or affiliated club workplaces as well as external locations in Canada and abroad and includes all events and activities sanctioned by Judo Canada or the PTSO.
2. This Policy recognizes that jurisdictions across Canada have legislation that governs the management of concussions within their jurisdiction. Government legislation may supersede aspects of this Policy. Failure to abide by this Policy and the protocols contained in the Judo Canada Concussion Management Protocol may result in disciplinary action in accordance with the Judo Canada Code of Conduct or the conduct policies of the applicable PTSO.

## PURPOSE

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The Purpose of this Policy is to provide the framework to create a safe and positive sport environment through education and training, and by making Judo Canada Members, Registrants and Participants aware of judo-specific concussion awareness resources to assist in recognizing and managing a concussion injury.

## RENEWAL

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## CONCUSSION POLICY

This Policy will be reviewed annually and updated, as necessary, to reflect legislative or regulatory developments or any new medical advances communicated by or in reference to the Canadian Concussion Protocol Harmonization Project (Parachute) and the Canadian Concussion Collaborative.

## CONCUSSION AWARENESS RESOURCES

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Judo Canada, the PTSOs and affiliated clubs will make the following concussion awareness resources available on their public websites:

1. Judo Canada or PTSO Concussion Policy
2. Judo Canada Concussion Management Protocol including:
  - Head Injury Recognition (Concussion Recognition Tool- CRT5)
  - Judo Canada Removal-from-Sport Protocol;
  - Judo Canada Return-to-Sport Protocols including, as appropriate:
    - i. Club Environment;
    - ii. Short-term Centralized Training (e.g., Provincial teams)
    - iii. Full-time Training Group (e.g., National Team, National training center)

## CONCUSSION RECOGNITION AND REPORTING

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All Participants including Coaches, Officials, Athletes and Parents are responsible for recognizing and reporting any athlete who demonstrates any of the visual signs or behaviours of a suspected concussion or who reports concussion-related symptoms.

## GOVERNANCE

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### A. Judo Canada Responsibilities

Judo Canada will:

1. Participate in multi-disciplinary working groups on sport-related concussions;
2. Develop and maintain a Concussion Policy and related Concussion Management Protocols including Removal-from-Sport and Return-to-Sport protocols;



## CONCUSSION POLICY

3. Develop and maintain a system for collecting and analyzing concussion injury data; (Judo Canada Concussion Reporting Form)
4. Maintain records of sport-related concussions for National Team Members, including medical clearance letters for Athletes;
5. In collaboration with PTSOs, assess changes in concussion rates over seasons and identify and, if possible, make recommendations with respect to those evidences that put Athletes in a position of high risk for concussion injury;
6. Develop or communicate concussion awareness resources for Coaches, Officials, Athletes, Parents and other Participants;
7. Provide annual concussion education for Members, Coaches, Officials, Athletes, Parents and other Participants at Judo Canada-hosted conferences, clinics or calls; and
8. Receive and investigate complaints of any breach of the Judo Canada Concussion Policy and Concussion Managements Protocol and, where appropriate, determine an appropriate disciplinary response.

### **B. PTSO Responsibilities**

PTSOs will:

1. Adopt the Judo Canada Concussion Policy and related protocols, which may include an appendix, if necessary, to comply with provincial or territorial legislation and regulations;
2. Report all instances of suspected or confirmed sport-related concussion to Judo Canada by completing the Judo Canada Concussion Reporting Form;
3. Maintain records of sport-related concussions for provincial or territorial teams;
4. In collaboration with Judo Canada and other PTSOs, assess changes in concussion rates over seasons and identify and, if possible, make recommendations with respect to those evidences that put Athletes in a position of high risk for concussion injury;
5. In collaboration with Judo Canada and other PTSOs, develop or communicate concussion awareness resources for Coaches, Officials, Athletes and other Participants; and
6. Receive and investigate complaints of any breach of the Judo Canada Concussion Policy and Concussion Management Protocol and, where appropriate, determine an appropriate disciplinary response.

### **C. Affiliated Club Responsibilities**

Affiliated clubs will:

1. Adopt the Judo Canada Concussion Policy and related protocols, which may include a PTSO appendix, as appropriate, to comply with provincial or territorial legislation and regulations;
2. Report all instances of suspected or confirmed sport-related concussions to the PTSO using the Judo Canada Concussion Reporting Form;
3. Maintain records of sport-related concussions;



## CONCUSSION POLICY

4. In collaboration with Judo Canada and the PTSO, assess changes in concussion rates over seasons and identify and, if possible, make recommendations on evidences that put Athletes in a position of high risk for concussion injury;
5. In collaboration with Judo Canada and the PTSO, communicate concussion awareness resources for Coaches, Athletes and other Participants; and
6. Receive and investigate complaints of any breach of the Judo Canada Concussion Policy and Concussion Management Protocol and, where appropriate, determine an appropriate disciplinary response.

## **SAFEGUARDING**

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### **A. Judo Canada Responsibilities**

1. Ensure that all Judo Canada hosted competitions, training camps/clinics and National Team Activity are properly supervised;
2. Assign the Designated Person for all Judo Canada hosted competitions, training camps/clinics and National Teams (e.g., onsite Event Medical Lead or Chief Referee for competitions or Team Medical Lead or National Team Coaches for training camps or clinics and National Team Activity);
3. Keep a copy of the CRT5 in the Dojo and available to Coaches at all Judo Canada-hosted competitions, training camps, clinics and National Team Activity;
4. Implement the Judo Canada Return-to Sport Protocol for all instances of concussion injury among National Team Athletes and full time National Training Center athletes; and
5. Maintain records and statistics to help identify elements that put National Team Athletes/full time National Training Center athletes in a position of high risk for concussion injury.

### **B. PTSO Responsibilities**

1. Ensure that all PTSO-hosted competitions, training camps/clinics and provincial team Activity are properly supervised;
2. Ensure Coaches are familiar with their responsibilities under the Judo Canada Concussion Management Protocol including how to recognize, report and manage a sport-related concussion injury;
3. Keep a copy of the CRT5 in the Dojo and available to Coaches at all PTSO competitions, training camps/clinics and provincial team Activity;
4. Implement the Judo Canada Return-to-Sport Protocol for all instances of concussion injury among provincial team Athletes; and
5. Maintain records and statistics to help identify elements that put provincial team Athletes in a position of high risk for concussion injury.



## CONCUSSION POLICY

### **C. Affiliated Club Responsibilities**

1. Ensure all club activity are properly supervised;
2. Ensure Coaches are familiar with their responsibilities under the Judo Canada Concussion Management Protocol including how to recognize, report and manage a sport-related concussion injury;
3. Keep a copy of the CRT5 in the Dojo and available to Coaches;
4. Implement the Judo Canada Return-to-Sport Protocol for all instances of concussion injury; and
5. Maintain records and statistics to help identify elements that put Athletes in a position of high risk for concussion injury.

## **DESIGNATED PERSON**

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The Designated Person has the responsibility to:

1. Remove an Athlete who is suspected of having sustained a concussion from further training, practice or competition, in accordance with the Judo Canada Removal-from-Sport Protocol;
2. Call 911 immediately if any Red Flag symptoms are present (see CRT5);
3. For minors or other vulnerable Athletes, inform the parent of the removal and remain with the athlete until discharged to a parent or other trusted adult or EMS. For Athletes over 18 years of age, the Designated Person should contact their emergency contact person;
4. Communicate to the Athlete or Athlete's parent the need for immediate medical assessment by a medical doctor or nurse when Red Flag symptoms are not present but other concussion symptoms are reported or observed and the Athlete has been removed from further training, practice or competition;
5. Provide a copy of the Judo Canada Removal-from-Sport Protocol and the Judo Canada Return-toSport Protocol to the Athlete or, in the case of a minor athlete, the Athlete's Parents when the Athlete is removed from further training, practice or competition;
6. Ensure medical clearance is provided by a medical doctor or nurse practitioner before allowing the Athlete to return to training, practice or competition, in accordance with the Judo Canada Returnto-Sport Protocol; and
7. Ensure the Judo Canada Return-to-Sport Protocol is implemented for all instances of concussion injury.

The Designated Person may delegate any of the above responsibilities to another qualified Designated Person, if necessary. Final decision-making authority to remove an Athlete who is suspected of having a concussion rests with the Designated Person.

*Approved by Board on March 25,2020*





# APPENDIX 1 - CRT

<http://www.parachutecanada.org/downloads/resources/CRT5.pdf>

## CONCUSSION RECOGNITION TOOL 5®

To help identify concussion in children, adolescents and adults



**RECOGNISE & REMOVE**

Head impacts can be associated with serious and potentially fatal brain injuries. The Concussion Recognition Tool 5 (CRT5) is to be used for the identification of suspected concussion. It is not designed to diagnose concussion.

**STEP 1: RED FLAGS – CALL AN AMBULANCE**

If there is concern after an injury including whether ANY of the following signs are observed or complaints are reported then the player should be safely and immediately removed from play/game/activity. If no licensed healthcare professional is available, call an ambulance for urgent medical assessment:

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

**Remember:**

- In all cases, the basic principles of first aid (danger, response, airway, breathing, circulation) should be followed.
- Do not attempt to move the player (other than required for airway support) unless trained to do so.
- Do not remove a helmet or any other equipment unless trained to do so safely.
- Assessment for a spinal cord injury is critical.

If there are no Red Flags, identification of possible concussion should proceed to the following steps:

**STEP 2: OBSERVABLE SIGNS**

Visual clues that suggest possible concussion include:

- Lying motionless on the playing surface
- Disorientation or confusion, or an inability to respond appropriately to questions
- Balance, gait difficulties, motor incoordination, stumbling, slow laboured movements
- Slow to get up after a direct or indirect hit to the head
- Blank or vacant look
- Facial injury after head trauma

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**ANY ATHLETE WITH A SUSPECTED CONCUSSION SHOULD BE IMMEDIATELY REMOVED FROM PRACTICE OR PLAY AND SHOULD NOT RETURN TO ACTIVITY UNTIL ASSESSED MEDICALLY, EVEN IF THE SYMPTOMS RESOLVE**

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**STEP 3: SYMPTOMS**

- Headache
- "Pressure in head"
- Balance problems
- Nausea or vomiting
- Drowsiness
- Dizziness
- Blurred vision
- Sensitivity to light
- Sensitivity to noise
- Fatigue or low energy
- "Don't feel right"
- More emotional
- More irritable
- Sadness
- Nervous or anxious
- Neck Pain
- Difficulty concentrating
- Difficulty remembering
- Feeling slowed down
- Feeling like "in a fog"

**STEP 4: MEMORY ASSESSMENT**  
(IN ATHLETES OLDER THAN 12 YEARS)

Failure to answer any of these questions (modified appropriately for each sport) correctly may suggest a concussion:

- "What venue are we at today?"
- "Which half is it now?"
- "Who scored last in this game?"
- "What team did you play last week/game?"
- "Did your team win the last game?"

**Athletes with suspected concussion should:**

- Not be left alone initially (at least for the first 1-2 hours).
- Not drink alcohol.
- Not use recreational/ prescription drugs.
- Not be sent home by themselves. They need to be with a responsible adult.
- Not drive a motor vehicle until cleared to do so by a healthcare professional.

The CRT5 may be freely copied in its current form for distribution to individuals, teams, groups and organisations. Any revision and any reproduction in a digital form requires approval by the Concussion In Sport Group. It should not be altered in any way, rebranded or sold for commercial gain.

## APPENDIX 2 – Removal from Sport Protocol

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### CONCUSSION

What to do if you suspect a concussion?

1. Ensure there is no injury to the neck or spine. If suspicion of a spinal injury, adhere to standard emergency management principles.
2. Immediately remove athlete from Tatami.
3. Go through a brief symptom checklist:
  - Headache (different between headache and pain at the impact site)
  - Nausea
  - Dizziness
  - Confusion
  - Light and noise sensitivity
  - Balance problems
  - Feeling “not right”
  - Please see the attached Concussion Recognition tool for more information
4. If athlete has any of these symptoms cease all activity immediately. Call parent of guardian to pick up the athlete and advise they should be taken to see a medical professional immediately for an assessment.
5. Remain with the athlete until discharged to a parent, guardian or other trusted adult or EMS. For athletes over 18 years of age, contact their emergency contact person;
6. Complete the [Judo Canada Concussion Reporting Form](#)
7. If athlete does not have any symptoms allow them to remain at the training but not actively engaged in the activity. Continue to monitor the athlete for symptoms every 10-15 minutes, as symptoms can set in gradually over time.
8. If the athlete has no symptoms at the end of the training session, inform the parent or guardian that an impact occurred and advise them to continue monitoring the athlete.

\*If an athlete has a suspected concussion, it is the parent or guardian’s responsibility to take the athlete to see a licensed healthcare provider immediately. This includes family physician, pediatrician, emergency room physician, sports-medicine physician, neurologist or nurse practitioner. Documentation from all other sources will not be accepted.



## APPENDIX 3 – Return to Sport

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Return to sport guidelines vary depending on the level of athlete. For the most up-to-date return to sport guidelines, please visit the [concussion page on Judo Canada's website](#).

