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THESANDBOX**PROJECT**

Injury Prevention Working Group

- Report for 2014 highlighting the activity in concussion prevention and management



National



Occasional piece

Recommendations for policy development regarding sport-related concussion prevention and management in Canada

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ABSTRACT

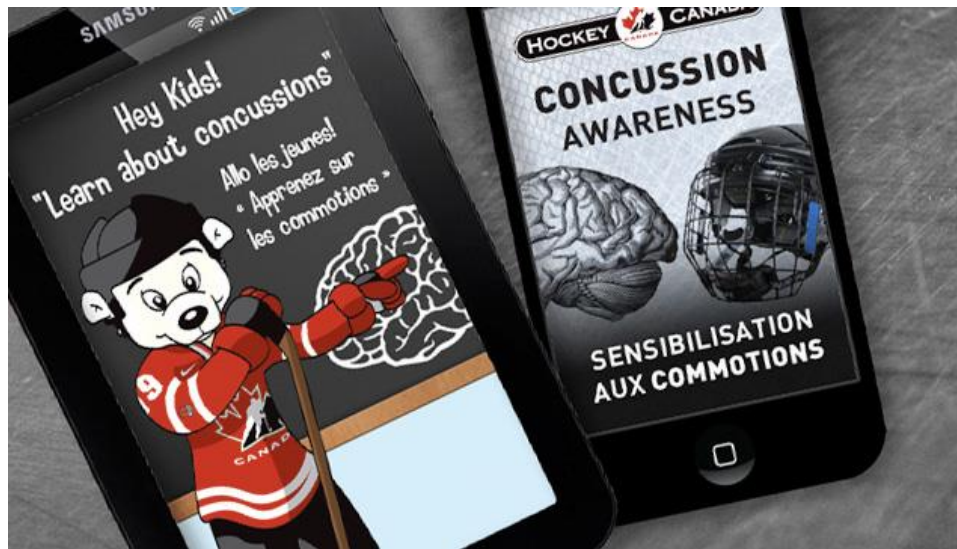
The Canadian Concussion Collaborative (CCC) is composed of health-related organisations concerned with the recognition, treatment and management of concussion. Its mission is to create synergy between organisations concerned with concussion to improve education and implementation of best practices for the prevention and management of concussions. Each of the organisations that constitute the CCC has endorsed two recommendations that address the need for relevant authorities to develop policies about concussion management in sports. The recommendations were developed to support advocacy for regulations, policies or legislation to improve concussion prevention and management at all levels of sport.

increased the general awareness, knowledge and attitudes about concussion, successful knowledge implementation requires more than dissemination of knowledge. In other words, improving knowledge about concussion is necessary for implementation, but it does not ensure that each individual involved in sport has access to optimal preventive approaches, nor that, in the event of a concussion, they will have access to proper care. The application of the knowledge-to-action framework to concussion⁴ tells us that, among a number of characteristics, knowledge transfer should be user-specific, context-specific, impact-oriented and an interdisciplinary process. Accordingly, for the efficient implementation of proper concussion prevention and management at all levels of participation,



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I think I'm pretty tough but
I'm not invincible.

I love sports!

Last year during a game, I fell and hit the ground head first. I was dizzy and confused but I went right back into the game.

After the game I was crying and getting paid to speak. My mom took me to the doctor who told me it was a concussion. The next six months were hard. I pretended I was ok, but I wasn't. I couldn't focus and sound a little muffled. It took time, but I'm finally playing sports again.

Don't learn about concussion the hard way.

For info visit www.parachute.ca



The Parachute Smart Hockey Program was designed to reduce brain and spinal injuries on the ice. This kit has been created as a tool to guide you through Parachute concussion information and help you integrate it with your Hockey team, and complements the existing programming of Hockey Canada.

A key piece of the Parachute Smart Hockey Concussion Kit is the **ThinkFirst Smart Hockey Video**, developed to teach players, families, coaches, trainers, safety people and leagues about concussions and preventing injuries on the ice.

The ThinkFirst Smart Hockey Video:

- Teaches you about how to prevent, identify and return to play after a concussion.
- Has interviews with hockey superstars.
- Features 12 on ice tips taught by the pros to improve your game and prevent injuries on the ice.

Presented by Scotiabank and endorsed by the BHP, NHL, NHLPA and Hockey Canada, this video is a great resource for coaches, trainers and families to watch so that they have the knowledge of how to keep our players safe so they can enjoy hockey for life.

Parachute is a national, charitable organization dedicated to preventing injuries and saving lives. Parachute unites the former organizations of Safe Communities Canada, Safe Kids Canada, SMARTTRIXX and ThinkFirst Canada into one leader in injury prevention. For more information, visit www.parachutecanada.org.

The Parachute Canada Concussion resources were developed based on the Zurich Guidelines outlined in the Concussion Research on Concussion in Sport and were endorsed with great thanks by the Parachute Concussion Research and Awareness Committee. Concussion guidelines were originally made possible with funding from the Public Health Agency of Canada (PHAC).

parachutecanada.org



Ontario

Ontario Concussion Prevention Network (OCPN)



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Converge. Discover. Deliver. Mobiliser. Découvrir. Produire.



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