



## Mariners Volleyball Club Concussion Policy

The purpose of the Mariners Volleyball Club (MVC) Concussion Policy is to ensure a standardized best practice for MVC members to follow in the event an athlete experiences or is suspected of experiencing a concussion. This policy serves to protect athletes' from brain injuries, manage successful and safe returns to the sport, and obtain the appropriate medical clearance before returning to volleyball activities.

The Mariners Volleyball Club is committed to the health and safety of our athletes. As such, we require that every precaution be taken before an athlete who has suffered a suspected or identified head injury be returned to any volleyball related activity.

### Background

For reference, a volleyball activity is defined as any on or off court actions involving physical activity. Concussions are an inherent risk when participating in sport, and volleyball is no exception.

- A concussion may be sustained through a variety of mechanisms. A direct blow to the head, blow to the jaw, sudden twisting or shearing force and a sudden deceleration of the head (similar to a “whiplash” – type injury) can all produce concussive signs and symptoms.
- A concussion is the most common type of traumatic brain injury.
- A concussion is caused when the brain receives trauma from an impact or a sudden momentum or movement change. The blood vessels in the brain may stretch and cranial nerves may be damaged.
- A person may or may not experience a brief loss of consciousness (not exceeding 20 minutes). A person may remain conscious, but feel “dazed” or “punch drunk”.
- A concussion may or may NOT show up on a diagnostic imaging test, such as x-rays, CAT Scans and MRIs.
- Skull fracture, brain bleeding, or swelling may or may not be present. Therefore, concussion is sometimes defined by exclusion and is considered a complex neurobehavioral syndrome.
- A concussion can result in permanent or temporary damage.
- A blood clot in the brain can occur occasionally and be fatal.
- It may take a few months to a few years for a concussion to heal.

Any athlete who suffers a SUSPECTED concussion must stop participation in volleyball activities immediately. If there is doubt as to whether a concussion has occurred, it is to be assumed that it has occurred and the athlete's parents/guardian will be required to have the injury properly diagnosed at a hospital or medical clinic ASAP.

AND

Any athlete who is diagnosed by a Medical Doctor with a concussion must stop participation in all volleyball activities immediately.

Coaches are responsible to recommend to the individual's parent or guardian that they seek medical attention immediately, especially if the injury occurred during any form of



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volleyball participation. If anyone (coach, parent, or athlete) suspects a concussion has occurred, the coach will remove the athlete and shall not return him/her for the remainder of the practice/game - regardless of any external pressures from, but not limited to the athlete's parent/guardian.

The athlete is not permitted to return to any volleyball activity until a MEDICAL DOCTOR gives written permission.

Copies of such documentation MUST be submitted to the athlete's coach and club director (and kept until the end of the season), prior to the athlete returning to any volleyball activities.

Once an athlete has been given clearance to begin volleyball activities they must follow the following 6 step plan prior to full participating, including game activity:

- 1) No activity, complete rest. Once back to normal and cleared by a doctor, go to step 2.
- 2) Light exercise such as walking or stationary cycling, for 10-15 minutes.
- 3) Sport specific aerobic activity (ie. Playing pepper with a partner in volleyball), for 20-30 minutes. NO CONTACT.
- 4) "On court" practice such as ball drills and other activities with NO CHANCE OF CONTACT
- 5) "Full practice", once cleared by a doctor a second time.
- 6) Full game play

**Note: Each step must take a minimum of one day.** If you have any symptoms of a concussion (e.g. headache, feeling sick to your stomach) that come back either with activity, or later that day, stop the activity immediately and rest until symptoms resolve, for a minimum of 24 hours. See a doctor and be cleared before starting the protocol again.

Further Information: <https://wm-n.glb.shawcable.net/service/home/~/Commotionalintentiondelathlete.pdf?auth=co&loc=en&id=41462&part=2>



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The following information is confidential and will only be used to assist in the athletes' safe return to volleyball activities.

\_\_\_\_\_

(Name of athlete)

Is able to return following injuries sustained on

\_\_\_\_\_

(Date)

Considerations/Restrictions with respect to returning to volleyball activities:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Personal Information used, disclosed, secured or retained by Mariners Volleyball Club will be held safely for the purposes for which we collect it.

\_\_\_\_\_

(Name of Treating Medical Physician)

\_\_\_\_\_

(Signature)

Date: \_\_\_\_\_

Client Name: \_\_\_\_\_

Clinic Phone Number: \_\_\_\_\_

Clinic Address: \_\_\_\_\_