

**THE CORPORATION OF THE MUNICIPALITY OF CALLANDER**  
**CONCUSSION PREVENTION AND MANAGEMENT POLICY**  
**(June 2018)**

---

**POLICY OBJECTIVES**

The overall objective of the policy is to support the health, safety and wellbeing of all those involved in sport, recreation and physical activities in the Municipality of Callander. The Policy aims to ensure that participants of the Municipality of Callander's recreation programs, and participants at Municipal facilities, along with Municipal recreation and parks staff, are aware of the signs and symptoms of concussions.

**POLICY BACKGROUND**

The Province of Ontario recently passed Bill 93, aka Rowan's Law, addressing concussion safety designed to protect amateur athletes and educate coaches about the dangers of head injuries. Prevention and management of concussions and head injuries are important to the Municipality of Callander. The Policy will be part of the Municipality's risk management plans and procedures.

**DEFINITION**

***A concussion\*:***

- is a brain injury that causes changes in how the brain functions, leading to symptoms that can be physical (e.g., headache, dizziness), cognitive (e.g., difficulty concentrating or remembering), emotional/behavioural (e.g., depression, irritability) and/or related to sleep (e.g., drowsiness, difficulty falling asleep);
- may be caused either by a direct blow to the head, face or neck, or a blow to the body that transmits a force to the head that causes the brain to move rapidly within the skull;
- can occur even if there has been no loss of consciousness (in fact most concussions occur without a loss of consciousness); and,
- cannot normally be seen on X-rays, standard CT scans or MRIs.

*\*Reference: Government of Ontario, Ministry of Tourism, Culture and Sport website:  
[http://www.health.gov.on.ca/en/public/programs/concussions/docs/mtcs\\_concussion\\_guide\\_en.pdf](http://www.health.gov.on.ca/en/public/programs/concussions/docs/mtcs_concussion_guide_en.pdf)*

## IMPLEMENTATION OF A CONCUSSION AWARENESS STRATEGY

The Municipality of Callander will implement the following concussion awareness activities:

- Conduct ongoing awareness/education to members of the public who use Municipal recreation services, through information flyers and brochures. The information will be available at appropriate locations in the community and at Municipal facilities, on the Municipal website and Facebook page, and will be included in the rental terms and conditions for facility rental and program registration. Distribution to all sport and recreation community groups who facilitate programming in the Municipality of Callander will also take place. Off-the-shelf flyers and other relevant information from official government sources including The Ontario Ministry of Health and Long-Term Care (<http://www.health.gov.on.ca/en/public/programs/concussions/#edu> ) will be used whenever available; and,
- Require Municipal recreation and parks staff and sport and recreation community groups, to educate themselves about concussion prevention, identification and management by reading the Ministry of Tourism, Culture and Sport's Concussion Guidelines ([http://www.health.gov.on.ca/en/public/programs/concussions/docs/mtcs\\_concussion\\_guide\\_en.pdf](http://www.health.gov.on.ca/en/public/programs/concussions/docs/mtcs_concussion_guide_en.pdf) ), and by completing the free Concussion Awareness Training tool, available at <http://cattonline.com/>; and,
- Complete an annual assessment of the Municipality of Callander's current recreation programs and implement concussion prevention measures where required.
- The Municipality will continue to adhere to good risk management practices by monitoring and repairing, if necessary, the physical condition of its assets to help prevent injury, including head injury.