



VOLLEYBALL CANADA CONCUSSION POLICY AND PROTOCOL

On October 1, 2014 Volleyball Canada added the Coaches Association of Canada's 90-minute free online module "Making Head Way" to its coach certification pathway.

To achieve "Certified" status within the Locker database, Level 1, 2 or 3 coaches must complete the "Making Head Way" (Generic version) online module found here: <http://www.coach.ca/-p153487>.

In addition to the revised coach education pathway, Volleyball Canada will implement the following measures at all Volleyball Canada Championships beginning in 2015:

- Promote the motto: "When in doubt, sit them out". Athletes who are suspected of sustaining a concussion or head injury must be removed from play.
- All coaches are provided a concussion signs and symptoms information card in their coaches' package.
- Athletic Therapists and/or certification candidates will be on site to conduct assessments.
- An athlete who has been removed from play by a tournament Athletic Therapist may not return to play for the remainder of the tournament.

See concussion protocol below

CONCUSSION SIGNS AND SYMPTOMS

Signs Observed by Coaching Staff	Symptoms Reported by Athlete
Appears dazed or stunned	Headache
Is confused about assignment	Nausea
Forgets plays	Balance problems or dizziness
Is unsure of game, score, opponent	Double or fuzzy vision
Moves clumsily	Sensibility to light or noise
Answers questions slowly	Feeling sluggish
Loses consciousness	Feeling foggy or groggy
Shows behaviour or personality changes	Concentration or memory problems
Can't recall events prior to hit	Confusion
Can't recall events after hit	



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NATIONAL CHAMPIONSHIPS CONCUSSION PROTOCOL

