



ONTARIO JIU JITSU ASSOCIATION

Concussion Management Policy. - 2017



Concussion Management/Return to Play Policy

The OJA requires all athletes/coaches/officials to follow the Concussion/Return to play guidelines set forth by the Ministry of Sport and Tourism. These are attached to this policy and must be followed (see Concussion definition in attached documents)

Policy: All athletes who are suspected to be concussed at an OJA event or in an OJA certified school are required to perform the following steps before returning to play (tournaments or training at the club level) through the organization:

1. Athlete is diagnosed by medical staff on site at OJA event or by their coach at practice as suspected concussed based on actions viewed (see attached document for criteria)
2. Athlete receives documentation from coach or medic on site to follow outlining steps for care
3. Organization receives same documentation from coach or medic that a member athlete is suspected concussed
4. Organization notifies athlete that the suspected concussion is on file and confirmation from doctor is required on file at the organization for return to play
5. Athlete follows up with primary caregiver and establishes diagnosis
6. Athlete follows process provided by primary caregiver (also outlined in attached documents)
7. Athlete receives clearance from doctor to return to play
8. Athlete sends confirmation documentation to club and organization confirming return to play cleared by doctor
9. Athlete returns to play

Procedures for Medical emergencies at tournaments: for immediately upon injury at tournament (Phase 1)

Referee:

- Stop the match immediately if you identify ANY impending concussion danger to the athletes and restart safely
- Stop the match immediately if an athlete becomes injured – call the medic
- SEND ANYONE AWAY FROM THE AREA who is interfering with medical examiner care or your duties as referee
- DO NOT move the athlete
- DO NOT allow coaches or other athletes to touch the athlete
- DO NOT allow the area to become cluttered with staff
- Do not interfere with the medical examiners duties; once they arrive you are to clear the area only and support them
- DO NOT comment on the nature of the event to ANYONE except: Head referee and Medical Staff
- DO NOT allow people to rush you through your duties in protecting the athlete

Coach:

- Approach your athletes ONLY after the referee and medic has deemed it safe to do so
- DO NOT INTERFERE with the medical examiners questions; the ATHLETE must answer the questions without suggestion or interference by ANY outside individuals
- DO NOT TOUCH the athlete
- ONLY communicate or ask the athlete to address you when you are given permission by the medic
- DO NOT encourage others to come into the area
- DO NOT comment on the nature of the event to ANYONE except: Head referee and medical staff

DO NOT allow people to rush you through the process of supporting your athlete while they are examined



Concussion Management/Return to Play Policy (continued Phase 1 – injury at tournament)

Procedures for Medical emergencies at tournaments: for immediately upon injury at tournament (Phase 1 – continued)

Injured Athlete:

- DO NOT try to leave the area or move until the examiner has addressed the situation and you are cleared to leave
- DO NOT downplay or rush the medical examiner while they examine the situation
- DO NOT throw away or discount the documentation and evaluation of the medical examiner; they will keep a record of the incident, and returning to play requires that you follow the instructions given to you

Other Athlete in Match:

- STOP when the referee says stop
- DO NOT rush to remove yourself from contact with the other athlete unless you are safely able to do so; if you are entangled with the other athlete wait for the referee and medical examiner to safely guide you to remove yourself
- After you are free from contact with the other athlete go to your corner of the competition area and await the examiner to finish examining
- Return to the center for the result of the match to be announced AFTER the referee says it is clear
- DO NOT TOUCH THE OTHER ATHLETE after you are safely removed contact from them

Medical examiner at tournament:

- Respond to area of injury immediately upon being called
- Ensure that the referee supports you to make the area clear
- SEND ANYONE AWAY WITHOUT HESITATION who is impeding in the examination/care of the injured athlete
- CALL 9-1-1 if you deem any necessary support from them during the performance of duties
- Complete OJA incident paperwork after event and submit to Head Referee

Parents of minor deemed to be concussed:

- Approach your athletes ONLY after the referee and medic has deemed it safe to do so
- DO NOT INTERFERE with the medical examiners questions; the ATHLETE must answer the questions without suggestion or interference by ANY outside individuals
- DO NOT TOUCH the athlete
- ONLY communicate or ask the athlete to address you when you are given permission by the medic
- DO NOT encourage others to come into the area
- DO NOT comment on the nature of the event to ANYONE except: Head referee and medical staff
- DO NOT allow people to rush you through the process of supporting your child while they are examined

Head Referee:

- DO NOT try to make the athlete leave the area until the examiner has finished the examination
- DO NOT interfere with the duties of the medical examiner
- DO NOT rush the examiner while they are in the performance of their duties
- Support the medical examiner's evaluation and final decision
- Report the incident to the OJA



Concussion Management/Return to Play Policy

Procedures for Medical emergencies at tournaments: for follow up after suspected concussion at tournament (Phase 2)

Coach:

- Referring to the steps outlined in the following document provided by the Ministry of Sport Tourism regarding recommended concussion protocols, support your athlete in the following steps:
 - Inform athlete that they are NOT permitted to return to training until after doctors clearance note has been received (as per attached documentation)
 - Enforce athletes non-training in practice – report any attempts to return to play earlier than approved to the organization
 - Notify OJA the date and manner by which you communicated this information to the athlete
 - Receive confirmation from OJA after athlete is cleared by doctor – DO NOT accept direct confirmation from athlete that they are allowed to return to play, wait for confirmation from OJA
 - Monitor and support the athlete in their return to play based on the guidelines provided by the doctor via the OJA

Injured Athlete over 18 yrs of age:

- Follow the medical steps provided to you by your primary health care provider
- Respond to the required documentation for return to play
- DO NOT return to play or competition until you have submitted your return to play clearance to the OJA and have received confirmation letter from OJA that you have been approved to return to play

Parent of Minor Injured in match:

- Same steps as above – injured athlete

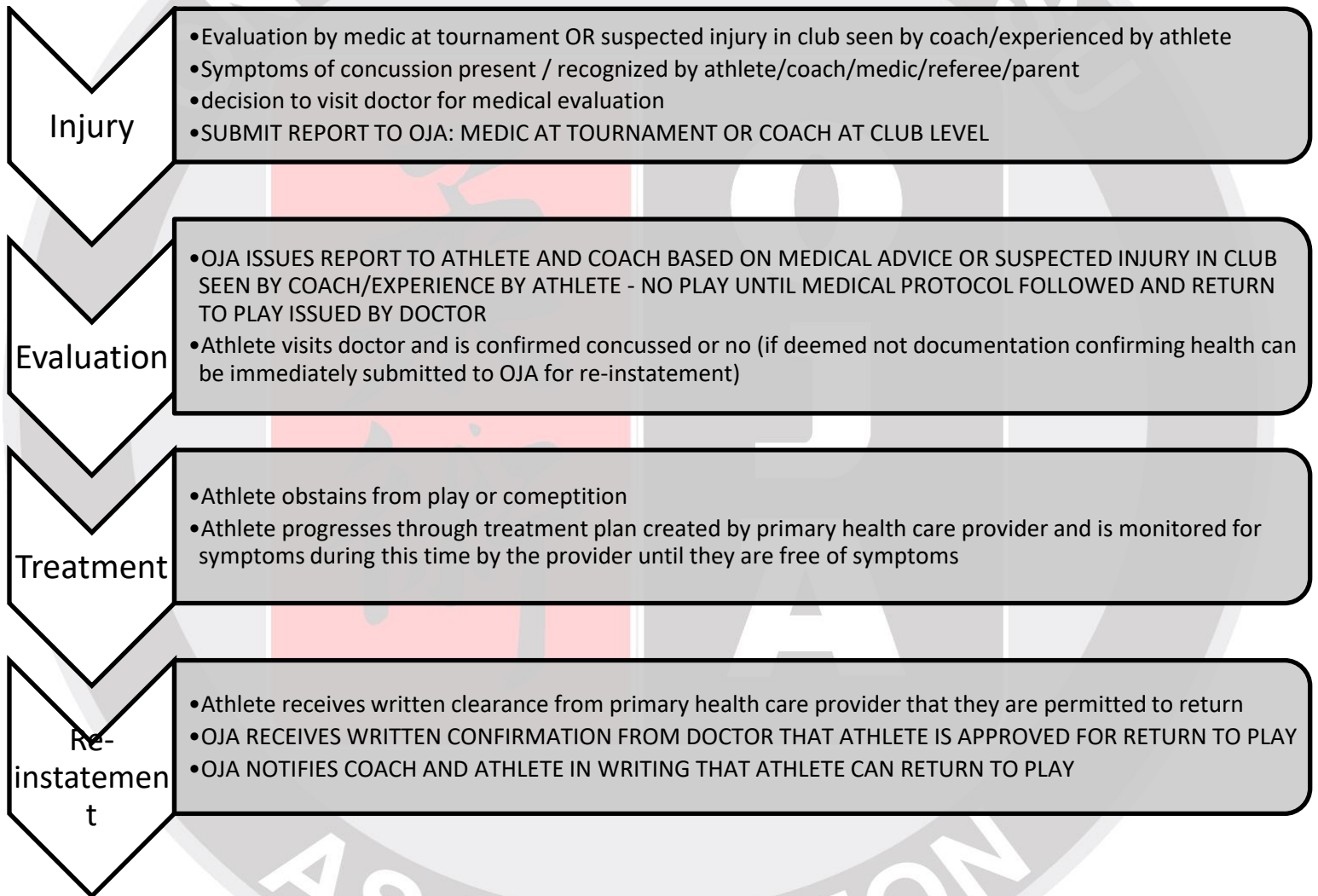
OJA:

- Receive documentation post tournament from medical and referee regarding athlete suspected concussion
- Issue notice to coach/club/athlete that the athlete is suspended from competition until return to play document has been returned to the OJA office
- Issue list of athletes to each tournament organizer that are suspended from play so the tournament bracket managers and organizers can ensure athletes do not compete while under return to play protocol
- Receive confirmation documentation from Doctor via athlete to the OJA office that the athlete is permitted to return to play and any additional guidelines if required
- Issue confirmation to athlete and coach and tournament organizers that the athlete is permitted to return to play



Concussion Management/Return to Play Policy

Procedures for Medical evaluation and injury: visual aid to understanding the process of return to play through OJA



Please see attached documentation provided by the Ministry of Sport & Tourism regarding concussions and return to play