



Swim Manitoba Concussion Policy

To guide officials, coaches and athletes during competitions

In order to provide a guideline for dealing with potential concussions during competitions, the process outlined below is to be followed at all Swim Natation Manitoba sanctioned swim meets:

- **If a coach, official, or swimmer witnesses a swimmer incurring an impact to the head and the swimmer is unconscious, the lifeguards on duty must be notified immediately**
- If a coach witnesses a swimmer incurring an impact to the head they must immediately determine if the impact has generated any of the symptoms of a concussion as detailed in the Swimming Canada Concussion Management document (Appendix A).
 - If any symptoms are present the coach must immediately notify the Session Referee and remove the respective swimmer from the remainder of competition for that day
 - The swimmer may swim in the competition after being removed upon presentation of a letter from a registered licensed medical doctor indicating they are cleared to resume competition.
- If an official witnesses a swimmer incurring an impact to the head they must immediately notify the Session Referee who in turn will notify the swimmer's coach and request the coach determine if the impact has generated any of the symptoms of a concussion as detailed in the Swimming Canada Concussion Management document (Appendix A).
 - If any symptoms are present the coach must immediately notify the Session Referee and remove the respective swimmer from the remainder of competition for that day
 - The swimmer may swim in the competition after being removed upon presentation of a letter from a registered licensed medical doctor indicating they are cleared to resume competition.
- If a coach, official or swimmer becomes aware of a swimmer that has incurred an impact to the head and observes any of the signs of a concussion as detailed in the Swimming Canada Concussion Management document (Appendix A).
 - The lifeguards at the pool facility must be notified immediately,
 - If any symptoms are present the coach must immediately notify the Session Referee and remove the respective swimmer from the remainder of competition for that day
 - The swimmer or their guardian will be instructed to obtain immediate medical attention,
 - The swimmer may swim in the competition after being removed upon presentation of a letter from a registered licensed medical doctor indicating they are cleared to resume competition.

Appendix: A



Concussion Information

Dr. Steve Keeler, National Team Physician, Swimming Canada

A concussion is a disturbance in neurological function caused by a direct or indirect force to the head. This impairment usually resolves rapidly, however in some cases signs and symptoms may evolve over time after injury. It results in a variety of non-specific signs and/or symptoms (examples below) and most often does not involve loss of consciousness. Concussions should be expected in the presence of any of the following signs and/or symptoms post injury.

Symptoms

- Headache
- Pressure in head
- Neck pain
- Nausea or vomiting
- Dizziness
- Blurred vision
- Balance difficulties
- Sensitivity to light
- Sensitivity to noise
- Feeling slowed down
- Feeling like “in a fog”
- Difficulty concentrating
- Difficulty remembering
- Fatigue or low energy
- Confusion
- Drowsiness
- Emotional change
- Irritability
- Sadness
- Nervous or anxious

Signs

- Drowsiness
- Can’t be awakened
- Poor memory
- Repeated vomiting
- Confusion
- Seizures
- Weakness/numbness in arms or legs
- Slurred speech
- Balance disturbance
- Blank or vacant stare
- Clutching head