



## Concussion Policy

The Ontario Senior Games Association (OSGA) takes seriously the health and well-being of all participants to ensure a safe playing environment and the prevention of injuries.

A concussion is the most common form of a traumatic brain injury. “Any blow to the head, face or neck may cause a concussion. A concussion may also be caused by a blow to the body if the force of the blow causes the brain to move around inside the skull. A concussion can happen to anyone – anywhere.”<sup>1</sup>

It is critical that someone with a suspected concussion be examined by a medical doctor or nurse practitioner promptly.

The OSGA has a role to play in ensuring the safety of those participating in physical activity and for encouraging and motivating participants to assume responsibility for their own safety and the safety of others. The OSGA endorses the proper use of equipment, as suited to the sport, to be used in a manner that will aid in the prevention of concussion or further injury of all participants.

The OSGA will adhere to *Rowan’s Law: Concussion Safety*, when dealing with suspected and/or diagnosed concussion protocol and management.

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<sup>1</sup> <https://www.ontario.ca/page/rowans-law-concussion-safety#section-1>