

An Active & Safe Program Resource

Putting concussion prevention and management tools in the hands of the participants

Active & Safe Facilitator's Guide

This guide will help a club or team official facilitate an education and awareness session about concussion for athletes, parents and coaches.

To be used in conjunction with:

Concussion 101

Active & Safe LTAD Matrix

Active & Safe Ethical Decision-Making Game

Active & Safe Pledge

Download related resources at www.cces.ca/activeandsafe.

*Go For
It*

*Play
Fair*

*Respect
Others*

*Keep It
Fun*

*Stay
Healthy*

*Include
Everyone*

*Give
Back*



TRUE SPORT
lives here

Welcome

Concussions have been a hot topic recently, both in the media and across all sports. It seems like every week we learn of another professional or elite level athlete who has suffered a suspected concussion. The outcomes of these injuries can be career-ending, whether in professional sport or at the community level.

Mild traumatic brain injury, as a concussion is known in the medical community, has become a talking point for athletes, coaches, pundits and all other stakeholders of sport. From an ethical perspective, we must ask ourselves whether we are needlessly putting athletes at risk. This is a very intriguing question, and some of the answers are right here inside this guide that is intended to help you – a sport leader, team coach or parent – understand concussion prevention and management, as well as how you can share these messages with teams, athletes and parents.

There are hundreds of thousands of youth participating in high-impact team sport in Canada every year, and each one of them faces the risk of concussion. It must be understood, however, that the inherent benefits of sport participation significantly outweigh the risks, especially when appropriate prevention and management principles are embedded into sport programming. The friendships, social interaction, communication and leadership skills, character-building and general physical and mental health benefits – to name a few – that come from being involved in team sport cannot and should not be discounted. We must, however, ensure that athletes, coaches, team officials, parents and clubs are educated and aware of all facets of concussion prevention and management.

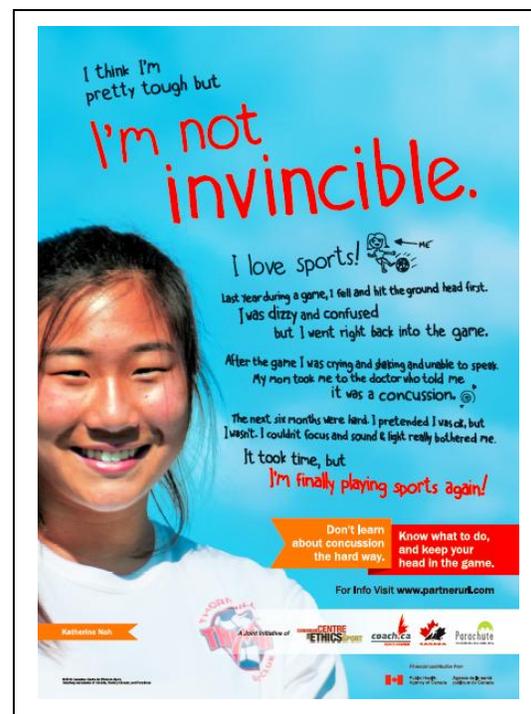
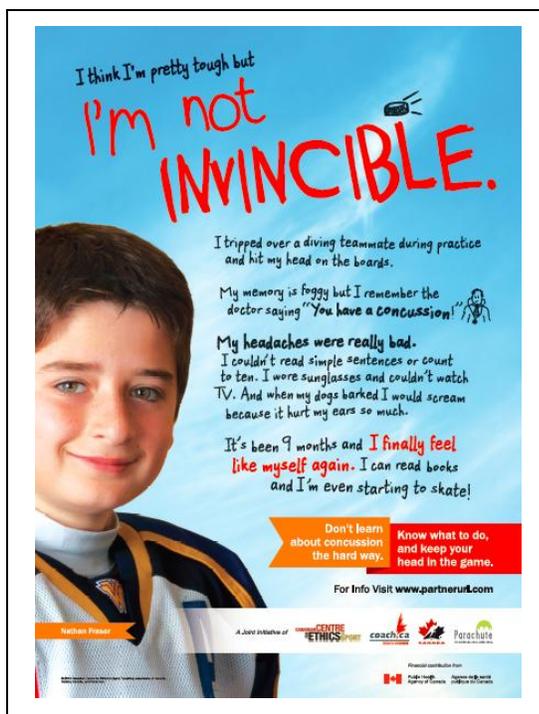
With the financial support of the Public Health Agency of Canada through the Active & Safe Initiative, the Canadian Centre for Ethics in Sport (CCES) and True Sport are taking action to help decrease the severity and the occurrence of concussion in high-impact team sport by engaging grassroots level sport stakeholders like you. Incidental injuries will always occur in sport and life, but with increased awareness, we can limit the effects of these injuries. Using tools and resources developed with the True Sport Principles as their foundation, sport organizations and coaches will be able to implement effective education, management and governance models to ensure that all stakeholders can do their part to prevent concussion.

Facilitator Guidelines

The Active & Safe resources are designed to help you facilitate education and awareness about concussion within your team or club, targeting athletes, parents and coaches. As a club or team official, you know that the key to educating your athletes is to keep them engaged in the topic at hand. To accomplish this, we blend True Sport Principles with real-world examples and related illustrations.

Try starting off the session by discussing stories of popular athletes that illustrate the possible impact of concussion – there may even be a story from within your club or team that can really hit home with your athletes. Be sure to tell stories about athletes that have had significant or long-term impacts from their concussion, as well as those who have pulled through to be successful, to reinforce the message that concussion can be overcome if properly managed.

To ensure you understand the facts about concussion yourself, download Concussion 101. You can also access the information and resources available to you through our partners – Coaching Association of Canada, Hockey Canada and Parachute Canada – which will provide you with everything that you need to know to discuss concussion with your athletes, coaches or parents. Remember, although you don't need to be an expert to educate others about concussion, you do need to ensure that you are sharing reliable information. Do your homework in preparation for the conversation.



Use Nathan's or Katherine's poster, story, or video to help illustrate your session.

True Sport Principles

To help put the information into a relatable context, try tying in the True Sport Principles with the hard facts about concussion.

The True Sport Principles can help you to frame the conversation. They are the foundation upon which any sport program should operate to ensure a values-centered, safe and welcoming environment. By improving the way we deliver sport and manage injuries such as concussion, we are all doing our part to create an active and safe environment for all.

Go For It	Playing in good health and injury-free allows athletes to ‘go for it’; to rise to the challenge; to strive for excellence; to be their best.
Play Fair	Too often injuries are a result of unsportsmanlike behavior or violence; following the rules of the game in letter and spirit ensures a meaningful victory.
Respect Others	Win with dignity and lose with grace; showing respect for the competition and the competitors contributes to minimizing the risk of intentional injuries or injuries resulting from unsportsmanlike behavior or violence.
Keep It Fun	The joy of sport can be truly felt when we are in good health and injury-free, ensuring that we are able to participate to our fullest.
Stay Healthy	Avoiding unsafe activities and staying in shape will help prevent injuries; the timely and appropriate treatment of injuries will help to enable life-long participation in sport.
Include Everyone	Ensuring that everyone has the opportunity to play includes ensuring that everyone participates safely.
Give Back	Communities go above and beyond to ensure a safe environment for everyone to play; give back by taking precautions to stay safe and injury-free and share your knowledge about concussion prevention and management with others.

Active & Safe Tools and Resources

These five resources can be used in a facilitated session.

Download these resources at www.cces.ca/activeandsafe.

Concussion 101

Concussion 101 provides you with the basic information about concussion prevention, protocols and treatment, as well as links to other resources that will help you access all of the information you need to offer a quality concussion prevention program.

Active & Safe Ethical Decision-Making Game

The Active and Safe Ethical Decision-Making Game is a fun activity that gets kids thinking and working together. The object of the activity is for teams to make their way from START to FINISH as quickly as they can. Along the way, they must discuss and reach consensus about a real-life ethical scenario designed to encourage them to think about issues and events specific to concussion awareness, prevention and management. It's fun, adaptable and gets everyone thinking about concussion safety!

Active & Safe Pledge

The Active & Safe Pledge is a direct and intentional statement that members of your organization or team will create and sign, acknowledging the movement towards a safer and injury-free playing environment. Creating a social contract ensures that athletes and team stakeholders are invested in their commitment to reducing the incidence and severity of concussion.

Active & Safe Long-Term Athlete Development Matrix

The Active & Safe Long-Term Athlete Development (LTAD) Matrix provides a developmental pathway to creating awareness and understanding about injury, and specifically concussion prevention through the ages and stages of athlete development. This tool provides facilitators with age-appropriate tips for educating their athletes about concussion.

Active & Safe Self-Assessment Tool

The Active & Safe Self-Assessment Tool is a mechanism to determine the effectiveness of your organization's concussion prevention program. This resource evaluates your education, management and governance policies and provides recommendations for improvement.

Active & Safe Partner Projects

Parachute Canada (formerly Thinkfirst Canada)

www.parachutecanada.org/activeandsafe

Concussions are brain injuries. Prevention is the best cure.

Creating safer sport environments and a safer sport system would offer Canada's children and youth better opportunities to participate in sport that is safe, fun, fair, accessible, respectful, healthy, inclusive, and strives for excellence. Together we can keep Canada's kids healthy, active and safe!

Parachute is a national, charitable organization dedicated to preventing injury and saving lives. It was created from the amalgamation of four leading Canadian injury prevention groups: Safe Communities Canada, Safe Kids Canada, SMARTRISK and ThinkFirst Canada. Parachute's injury prevention programming and advocacy efforts are designed to help Canadians reduce their risks of injury while enjoying long lives lived to the fullest.

The concussion information at Parachute was developed with the leading neurosurgeons, family and sports physicians, neurologists and risk management experts that compose ThinkFirst's Concussion Education and Awareness Committee.

More information and education as well as webinars, posters/handouts for players, parents, coaches and physicians on how to prevent, recognize, manage and recover from a concussion, including the internationally approved Zurich Consensus Statement on Concussion in Sport.

Smart Hockey video: How to prevent, identify and return to play after a concussion plus interviews with hockey superstars, John Tavares, Tessa Bonhomme, Patrice Bergeron, Tyler Myers and Caroline Ouellette. Other hockey specific educational resources for coaches and players are also available.

Community resources. Get Involved - Engage the resources of your local Chapter or learn how to start one! Check out the website for contact info.

Coming soon: 3 E's toolkits – concussion education material regarding recognizing, managing, and returning to play from a concussion for those involved in team sports – particularly for schools, coaches and medical/paramedical professionals. The material will have 3 components: Education – sport specific concussion information; Equipment or Engineering considerations – an up-to-date guide for safety engineering that addresses head protection and facilities for team sports; and Enforcement – a reference guide regarding Rules, Policy and Protocols, showcasing existing best practices for team sports.

Guidelines around equipment use, rules of play, conditioning, identifying injuries and returning to play after injury will be highlighted.

Enhancements to the ThinkFirst for Kids school based curriculum, Brain Day and ThinkFirst Injury Prevention Strategy for Youth. Modules for different age groups will help students learn about concussions, their symptoms and signs, and what to do if you suspect someone you know has a concussion.

Coaching Association of Canada

www.coach.ca

The Coaching Association of Canada (CAC) unites stakeholders and partners in its commitment to raising the skills and stature of coaches, and ultimately expanding their reach and influence. Through its programs, CAC empowers coaches with knowledge and skills, promotes ethics, fosters positive attitudes, builds competence, and increases the credibility and recognition of coaches.

Our Mission: To enhance the experiences of all Canadian athletes through quality coaching.

The CAC has developed a new resource section on coach.ca. This section will offer coaches, our partners, and service providers with easy and quick access to concussion related resources, as well as access to program logos, design files, photos, videos, and more that will aid our partners in developing their own concussion and coach education resources.

The CAC has developed a coach education eLearning module on Traumatic Brain Injury (TBI) using a problem-based learning approach. The module is designed to:

- Help reduce the number of occurrences of TBI through coach education
- Increase the removal of athletes from sport when TBI is suspected
- Increase adherence to the Return to Play (RTP) protocol

By the end of the module, coaches will be able to:

- Assess the safety of the practice and competition environment
- Recognize the symptoms of TBI and remove athletes from sport when appropriate
- Apply the Return to Play protocol for the athletes they coach

Hockey Canada

www.hockeycanada.ca/apps

Hockey Canada is the national governing body for the sport of hockey in Canada. Its mission is to lead, develop, and promote positive hockey experiences. Hockey Canada believes in a positive hockey experience for all participants, in a safe, sportsmanlike environment, in the development of life skills which will benefit participants throughout their lives as well as the values of fair play and sportsmanship, including the development of respect for all people by all participants. Through the promotion of teamwork, Hockey Canada further believes that groups and society can achieve more as a whole than that which can be achieved by individuals.

The Hockey Canada Concussion Awareness app is a great tool for parents, coaches, trainers, players, administrators and anyone interested in learning about the prevention, recognition and response to concussion injury, including responsible return-to-play protocol.

The Hockey Canada Concussion Awareness app for kids is a great tool for parents to teach young players how to prevent concussions through respect and playing by the rules. The app explains important concussion information in an easy-to-follow manner for young players and contains an interactive game around respect starring Puckster, the official mascot of Hockey Canada.

Canadian Centre for Ethics in Sport & True Sport

www.cces.ca/activeandsafe

The Canadian Centre for Ethics in Sport (CCES) is an independent, national, not-for-profit organization. We recognize that true sport can make a great difference for individuals, communities and our country. We are committed to working collaboratively to activate a values-based and principle-driven sport system; protecting the integrity of sport from the negative forces of doping and other unethical threats; and advocating for sport that is fair, safe and open to everyone.

True Sport is a social movement powered by people who believe that sport can transform lives and communities—if we do it right. True Sport members across Canada are committed to community sport that's healthy, fair, inclusive, and fun. True Sport members stand together against cheating, bullying, aggressive parental behaviour, and win-at-all-costs thinking.

Using an asset-based community development approach the CCES created communities of practice among sport organizations representing high-impact team sports to collaborate on effective ways that the organizations themselves can address the issue of concussion prevention and management. The result is a series of concussion prevention resources targeting sport organizations.

About the Active & Safe Program

The Active & Safe program provides resources to reduce the incidence and severity of concussion, while creating the conditions for active and safer play throughout the Canadian sport system.

The project targets coaches, trainers, educators, health professionals, community leaders, parents and athletes. Our combined efforts will contribute to building capacity, engaging communities and their citizens, as well as educating and training those who deliver sport through activities that focus on concussion prevention and treatment. The partners are:

Hockey Canada	www.hockeycanada.ca/apps
Parachute Canada	www.parachute.org/activeandsafe
Canadian Centre for Ethics in Sport	www.cces.ca/activeandsafe
Coaching Association of Canada	www.coach.ca

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