

An Active & Safe Program Resource

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

Active & Safe Self-Assessment Tool

Sport organizations can use this scorecard to capture a snapshot of their progress in developing a concussion prevention and management program.

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

SCORE	Minimal 0	Awareness 1	Emerging 2	General 3	Focused 4	Complete 5
EDUCATION						
All stakeholders (athletes, team officials and parents) know and understand the definition of concussion						
All stakeholders (athletes, team officials and parents) know and understand how a concussion is sustained						
All stakeholders (athletes, team officials and parents) know and understand concussion signs and symptoms						
EDUCATION SCORE						

MANAGEMENT						
All stakeholders (athletes, team officials and parents) know and understand the protocols to follow when a concussion is suspected						
The organization promotes and adheres to the 'when in doubt, sit them out' philosophy						
All stakeholders (athletes, team officials and parents) know, understand and have access to the return to play protocols in the event that a concussion is diagnosed						
The organization has a standardized medical release form that must be signed by a physician before a concussed athlete can return to play						
The organization has a process in place to support its athletes in accessing appropriate medical care and support relating to the diagnosis and treatment of concussions						
MANAGEMENT SCORE						

Give your organization a score on each criterion where 0 is *minimal* and 5 is *complete*. Compare the current status in your organization with the criterion descriptions in each cell, and determine which description most closely matches your current state. Enter the corresponding number on the scorecard.

- 0 No resources or efforts are being made in this regard
- 1 Stakeholders are referred or redirected to others to gather information for themselves
- 2 Relevant and up-to-date information is available through our web site
- 3 Information is readily available and distributed regularly to stakeholders
- 4 Education and information sessions/workshops are made available to stakeholders in addition to being made readily available and distributed regularly
- 5 Education and information sessions/workshops are mandatory for all stakeholders in addition to being made readily available and distributed regularly

SCORE	Minimal 0	Awareness 1	Emerging 2	General 3	Focused 4	Complete 5
GOVERNANCE						
The organization has adopted and enforces a zero tolerance policy for blows to the head, violence and/or any activity that may result in a concussion						
The organization has adapted the rules and regulations to suit the needs of the stages of development and to minimize the risk of concussion						
The organization ensures that game officials (referees, umpires, etc) are trained to properly enforce the rules and regulations, particularly those relating to concussion prevention or those intended to minimize the risk of concussion						
All stakeholders (athletes, team officials and parents) sign a code of conduct acknowledging their understanding of concussion prevention and treatment						
Team officials are properly certified. Team officials know and understand age-appropriate training techniques that minimize the risk for concussion (i.e. soccer: heading, football: tackling, hockey: checking, etc.)						
All athletes are required to wear the appropriate and properly-fitted equipment at all times when participating in the sport						
GOVERNANCE SCORE						
GRAND TOTAL						

The score (0 to 5) for each criterion is simply an index of progress. Do not attempt to compare scores from different criteria. In many cases individual cell scores are affected by progress in other areas. There is no "pass" or "fail". The intention is to capture a snapshot of your progress in developing a concussion prevention and management program.

This scorecard was developed in 2013. As new information is made available through the medical community, the *complete* (Level 5) status of each criterion will likely change.

Once you have scored the criteria, you will be given a score of how well you are doing overall and in relation to the three facets of concussion prevention and management, education, management and governance. You will also be given links to additional resources as appropriate to help you develop the most comprehensive concussion prevention and management program.

Results

Category	Score	Results
EDUCATION	0-5	Minimal or no efforts are being made to educate your stakeholders about concussion.
	6-10	Your club recognizes the value in offering concussion education and is beginning to develop it educational programming.
	10-15	Your club recognizes the importance of concussion education and provides a number of opportunities for your stakeholders to learn about concussion.
MANAGEMENT	0-7	Minimal or no efforts are being made to ensure that concussions are appropriately managed within your club
	11-18	Your club recognizes the value in properly managing concussions and provides some tools and protocols in support of its stakeholders
	19-25	Your club recognizes the importance of managing concussions and provides a series of concussion management tools and protocols to its stakeholders
GOVERNANCE	0-10	Minimal or no efforts are being made to ensure that concussions are appropriately managed within your club
	11-20	Your club recognizes the value in properly managing concussions and provides some tools and protocols in support of its stakeholders
	21-30	Your club recognizes the importance of managing concussions and provides a series of concussion management tools and protocols to its stakeholders
TOTAL SCORE	0-22	Minimal efforts are being made to educate, reduce the likelihood of injury and manage injuries that do occur. All the tools your club needs to offer a comprehensive concussion prevention and management program can be found through the links in the black box below.
	23-48	Some efforts are being made to educate, reduce the likelihood of injury and manage injuries that do occur. The links in the black box below can provide you with support in developing the most comprehensive concussion prevention and management program possible.
	49-70	Congratulations! Your club implements a concussion prevention program that recognizes the value in educating your stakeholders, preventing injuries from occurring and properly managing injuries that do occur. <i>Is there more you can do?</i> Check out the links in the black box below to ensure that you are offering the most comprehensive concussion prevention and management program possible.

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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