



KARATE BC

Karate BC Concussion Policy

Approved: July 3, 2024

Purpose: To ensure the health and safety of all participants in Karate BC activities by providing guidelines for the prevention, identification, and management of concussions.

Scope: This policy applies to all Karate BC members, including athletes, coaches, officials, and volunteers.

Prevention

- **Safe Practices:** Emphasis on teaching and adhering to safe karate techniques to minimize the risk of head injuries.
- **Protective Equipment:** Encouragement of the use of appropriate protective gear during training and competition.

Identification and Management

- **Immediate Action:** Any athlete suspected of having a concussion must be immediately removed from play. Coaches and officials should look for signs such as confusion, headache, dizziness, nausea, and balance problems.
- **Medical Assessment:** The athlete must be evaluated by a qualified healthcare professional as soon as possible. A standardized concussion assessment tool, such as the SCAT5 (Sport Concussion Assessment Tool), should be used.
- **Documentation:** A medical clearance form must be completed by the healthcare professional and submitted to Karate BC before the athlete can begin the return-to-play process. This form is a mandatory part of the policy.

Return-to-Play Protocol

- **Gradual Return:** The return-to-play protocol consists of several stages, each progressively more intense. The athlete must remain symptom-free for 24 hours at each stage before progressing to the next. The stages include:
 1. Rest: Complete physical and cognitive rest until symptoms resolve.
 2. Light Aerobic Activity: Gentle activities like walking or stationary cycling.
 3. Sport-Specific Exercise: More intense activities such as jogging or light karate drills.
 4. Non-Contact Training Drills: More complex training drills without risk of head impact.
 5. Full Contact Practice: Normal training activities.
 6. Return to Competition: Full participation in competition.

Medical Clearance Letter

- The Medical Clearance Letter is a document that must be completed by a healthcare professional after an athlete has been diagnosed with a concussion.
- This letter confirms that the athlete has been medically evaluated and is cleared to participate in specific physical activities.
- The letter includes checkboxes for different stages of activity (e.g., symptom-limiting activity, light aerobic activity, sport-specific exercise, non-contact practice, full-contact practice, and full game play).
- This form must be submitted to Karate BC before the athlete can begin the return-to-play process.
- It ensures that the athlete is safe to progress through the stages of recovery and return to full participation without risking further injury.

Compliance

- **Monitoring:** Coaches, Athletes and Parents of minors, are responsible for ensuring compliance with this policy. Non-compliance will result in disciplinary action, which may include suspension or removal from Karate BC activities.

Support and Resources

- **Concussion Liaison:** Karate BC will appoint a Concussion Liaison to assist members with concussion management and ensure adherence to this policy.
- **Resources:** Members can access additional resources and support through the Karate BC website and the Concussion Awareness Training Tool (CATT) available online.

For more detailed information on concussions and safe sport initiatives, please visit [Karate Canada's Safe Sport](#) section, the [Canadian Guideline on Concussion in Sport by Parachute](#) and [Concussion Awareness Training Tool \(CAAT\)](#)

Karate BC Medical Clearance Letter

Date: _____ Athlete's Name: _____

To Whom it May Concern,

Athletes who are diagnosed with a concussion should be managed according to the Canadian Guideline on Concussion in Sport, including the Return-to-School and Return-to-Sport Strategies. Accordingly, the above athlete has been medically cleared to participate in the following activities as tolerated, effective the date stated above (please check all that apply):

- Symptom-limiting activity (cognitive and physical activities that don't provoke symptoms)
- Light aerobic activity (walking or stationary cycling at slow to medium pace; no resistance training)
- Sport-specific exercise (running or skating drills; no head impact activities)
- Non-contact practice (harder training drills, e.g., passing drills; may start progressive resistance training, including gym class activities without a risk of contact, e.g., tennis, running, swimming)
- Full-contact practice (including gym class activities with risk of contact and head impact, e.g., soccer, dodgeball, basketball)
- Full game play

What if symptoms recur?

- Any athlete who has been cleared for physical activities, gym class, or non-contact practice and who has a recurrence of symptoms should immediately remove themselves from the activity and inform the teacher or coach. If the symptoms subside, the athlete may continue to participate in these activities as tolerated.
- Athletes who have been cleared for full-contact practice or game play must be able to participate in full-time school (or normal cognitive activity) as well as high-intensity resistance and endurance exercise (including non-contact practice) without symptom recurrence.
- Any athlete who has been cleared for full-contact practice or full game play and has a recurrence of symptoms should immediately remove themselves from play, inform their teacher or coach, and undergo medical assessment by a medical doctor or nurse practitioner before returning to full-contact practice or games.
- Any athlete who returns to practices or games and sustains a new suspected concussion should be managed according to the Canadian Guideline on Concussion in Sport.

Other comments:

Thank you very much in advance for your understanding.

Sincerely,

Signature
M.D. / N.P. (circle appropriate designation)*

Print Name

*In rural or northern regions, the Medical Clearance Letter may be completed by a nurse with pre-arranged access to a medical doctor or nurse practitioner. Forms completed by other licensed healthcare professionals should not otherwise be accepted.