

Hunstanton Ski Club Limited

CONCUSSION POLICY

Date	Description	Version	Drafter	Approver
Jan 2025	Initial Document	0.1	Samantha Impey	
Mar 2025	Agreed Document	1.0 Issue	Samantha Impey	Agreed via AGM

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1 Introduction and Purpose

This document provides guidance for recognising and managing concussions with the goal of promoting a safe recovery and mitigating the risks associated with the return to high speed water sports. It is based on evidence of best practices in similar sports like wakeboarding, kite surfing, waterski racing and adapting principles from the established concussion management protocols. This policy covers concussion recognition, immediate action to take and a structured return to the water.

UNSURE? KEEP THEM ON SHORE - This principle underpins all actions where concussion is suspected

2 Policy

2.1 What is concussion?

Concussion is a type of brain injury caused by a direct blow to the head, or an indirect impact on the body that causes rapid head movement (ie whiplash). It results in a temporary disturbance of brain function that affects thinking, behaviour, emotions or physical abilities. Common symptoms may include headache, confusion, dizziness, memory loss and balance issues. All of these can appear immediately or within 48 following the injury. Its important to note that a loss of consciousness is not required to diagnose a concussion

- **Onset Symptoms** – Concussion symptoms may arise immediately or be delayed up to 24-48 hours, potentially persisting over several days
- **Special Considerations** – Adolescents and individuals with a history of concussion and may be more vulnerable to complications or slower recovery times

2.2 Recognising Concussion

Concussions are not always easy to spot. Any individual showing the following signs or symptoms should be assumed to have a concussion and immediately removed from the event area. To aid with recognition, the Concussion Recognition Tool 6 (CRT6) is recommended for use. It is a guide that can be used by non-medically trained individuals to identify and manage suspected concussions in children, adolescents and adults.

2.2.1 Visible Clues (signs)

- Dazed or confused appearance
- Slow or unsteady movements (balance issues, trouble standing)
- Inability to respond to questions quickly or accurately
- Vacant stare or blank expression
- Holding or running the head after impact
- Changes in behaviour or emotion, such as irritability
- Vomiting or seizure activity

2.2.2 Reported Symptoms by the injured participants

- Confusion or feeling 'out of it'
- Headache, dizziness or 'pressure' in the head
- Sensitivity to light or noise

- Memory loss or difficulty concentrating
- Nausea or balance problems
- Fatigue or drowsiness

2.2.3 Questions for immediate screening

- What is your name?
- What day of the week is it?
- Where are we today?
- What were you doing before the injury?

Incorrect answers may indicate concussion but a correct answer does not rule it out. Any suspicion warrants immediate removal and medical assessment.

2.3 Immediate Management of Suspected Concussion

Anyone with suspected concussion **must be evaluated by a qualified medical professional immediately**. Individuals should not return to the water or engage in any physical activity on the day of the injury, or as directed by a medical professional.

2.4 Red Flag Symptoms for Urgent Medical Attention

The following symptoms warrant emergency medical care:

- Loss of consciousness or extreme drowsiness
- Increasing confusion or irritability
- Weakness, tingling or numbness in limbs
- Severe or worsening headache
- Repeated vomiting or abnormal behaviour
- Any convulsions or seizures

In these cases call an ambulance or the nearest hospital A&E

3 Concussion Management Protocol

3.1 Initial Rest Period

Rest is essential following a concussion. Participants should take a minimum 48-hour break from physical and cognitive activities (including screentime). Afterwards the individual should gradually increase activity in a way that does not exacerbate symptoms. Alcohol, driving and physically demanding activities should be avoided until symptoms subside.

3.2 Monitoring

Participants with a concussion or suspected concussion should be monitored by a responsible adult for the first 24 hours.

3.3 Managing Multiple or Severe Concussions

Participants with multiple concussions within 12 months or a history of prolonged recovery or recurrent symptoms should seek assessment by a healthcare professional with expertise in sports-related concussions.

4 Disclaimer – Participant Responsibility After Concussion

If an individual returns to the water following a concussion, Hunstanton Ski Club Limited cannot be held responsible for their health and safety, even if they have received medical clearance from a Doctor or healthcare professional. The guidelines provided in this policy are advisory and cannot be enforced.

It is the sole responsibility for the individual (or in the case of minors their parent or guardian), to ensure that all steps for a safe return are followed. Hunstanton Ski Club Limited strongly advises that individuals prioritise their health and consult with medical professionals as needed throughout recovery.

Concussion are complex injuries that require time and careful management. Recovery outcomes improve significantly with prompt recognition, removal from activity and professional medical support. Hunstanton Ski Club Limited is committed to safeguarding the health of its members.

5 Useful Resources

- Concussion Recognition Tool 6 (CRT6)
- NHS Concussion Guidelines
- UK Concussion Guidelines for non-elite sport

6 Quick Guide to Support Identification of Concussion

6.1 Visible Clues (signs)

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Incorrect answers may indicate concussion but a correct answer does not rule it out. Any suspicion warrants **immediate removal and professional medical assessment**.

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In these cases call 999 immediately