



# Head Injury Policy

## Head Injury Policy

The primary goal of this Policy is to ensure that our members are afforded adequate safety measures while engaged in Taekwondo activities. The scope of this policy is to address head injuries primarily in sparring and freestyle poomsae competition under the jurisdiction of the Alberta Taekwondo Association.

All sanctioned tournaments must have the following minimal medical staff for eventing including full contact sparring:

- 300 participants or less: 2 Canadian athletic therapist association (CATA) athletic therapists OR 2 Emergency medical technicians/Paramedics/Registered Nurses with a current certification as “sport first responder”
- 301 plus participants: 3 CATA athletic therapists OR 3 EMT/Para/RN with a current certification as “sport first responder”

All health professionals providing coverage must be competent in the use of SPORT CONCUSSION ASSESSMENT TOOL SCAT5 and Child SCAT5. Referees and event officials will be familiar with Concussion Recognition Tool 5.

During the event:

- Any athlete who is identified as symptomatic immediately following head contact will be assessed by the medical team. Athletes can refuse assessment but will not be permitted to continue and will not be permitted to participate in any other ATA events until a medical certificate with a diagnosis of “No evidence of head injury, concussion”.
- Any athlete who is identified by SELF, COACH, or medical official as potentially concussed will be screened for concussion with the SCAT5 tool.
- Any 8 or 10 counts resulting from head contact requires completion of SCAT5 at event.
- Positive findings on SCAT5: the athlete is not permitted to participate any further that day. The athlete is notified in writing that day that they must obtain an assessment by a Medical Doctor prior to competing in future ATA competitions.

At the completion of the event:

- Completed SCAT5 will be scanned and emailed to medical @ ATA for review
- Lead Referee will report athletes who were given an 8 or 10 count resulting from head contact to medical @ ATA
- ATA medical portfolio will notify ATA administration of athletes on the head injury list
- Once an athlete has been given a 10 count resulting from head contact, the

athlete requires a Medical Doctor note stating concussion has resolved prior to participation in another ATA event. Medical clearance documents following a diagnosed concussion will be sent to medical @ ATA.

- 2 days prior to each ATA sanctioned event, host of event will check with ATA by email and ATA administrator will provide names of athletes on the "Not Cleared to Compete List." If an athlete is registered but not cleared to compete the athlete must not be allowed to compete in the event.

Failure to comply with this policy:

- by a tournament host will result in suspension of sanctioned event hosting privileges
- by an athlete will result in suspension from competing in ATA sanctioned events