



ACTION PLAN

PREVENTION AND MANAGEMENT OF **CONCUSSIONS** IN SPORTS AND RECREATIONAL ACTIVITIES

Produced by

The Ministère de l'Éducation, de l'Enseignement supérieur et de la Recherche

Coordination and text

Direction de la promotion de la sécurité
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Plan d'action pour la prévention et la gestion des commotions cérébrales liées à la pratique d'activités récréatives et sportives

English translation

Direction des services à la communauté anglophone - Services langagiers
Ministère de l'Éducation, de l'Enseignement supérieur et de la Recherche (MEESR)

For further information

General Information

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INTRODUCTION

The Minister of Education, Higher Education and Research is responsible for ensuring that the safety and integrity of individuals are protected during sports activities.

The actions taken by the Ministère de l'Éducation, de l'Enseignement supérieur et de la Recherche (MEESR) to fulfill this responsibility are aimed at the population in general, but more particularly at people participating in sports and in active recreational pursuits, those working in sports and recreation, as well as sports organizations.

Healthy lifestyle habits, especially being physically active, have beneficial impacts on physical fitness, physical and mental health and academic success. Physical activity and sports are also associated with young people staying in school, well-being and a better quality of life.

However, certain sports and recreational activities present a higher risk of injury for participants, including concussion. In light of new medical knowledge concerning the impacts of these injuries for health, the Québec government has stepped up its efforts to prevent and manage concussions in sports. Among other things, the MEESR has set up a task force on concussion, known by its French acronym GTCC (Groupe de travail sur les commotions cérébrales), to consider this issue. The GTCC presented its final report to the Minister in 2015.

This action plan sets out the measures that the Québec government intends to take, in collaboration with the MEESR, the Ministère de la Santé et des Services sociaux (MSSS) and stakeholders from the education and sports communities.

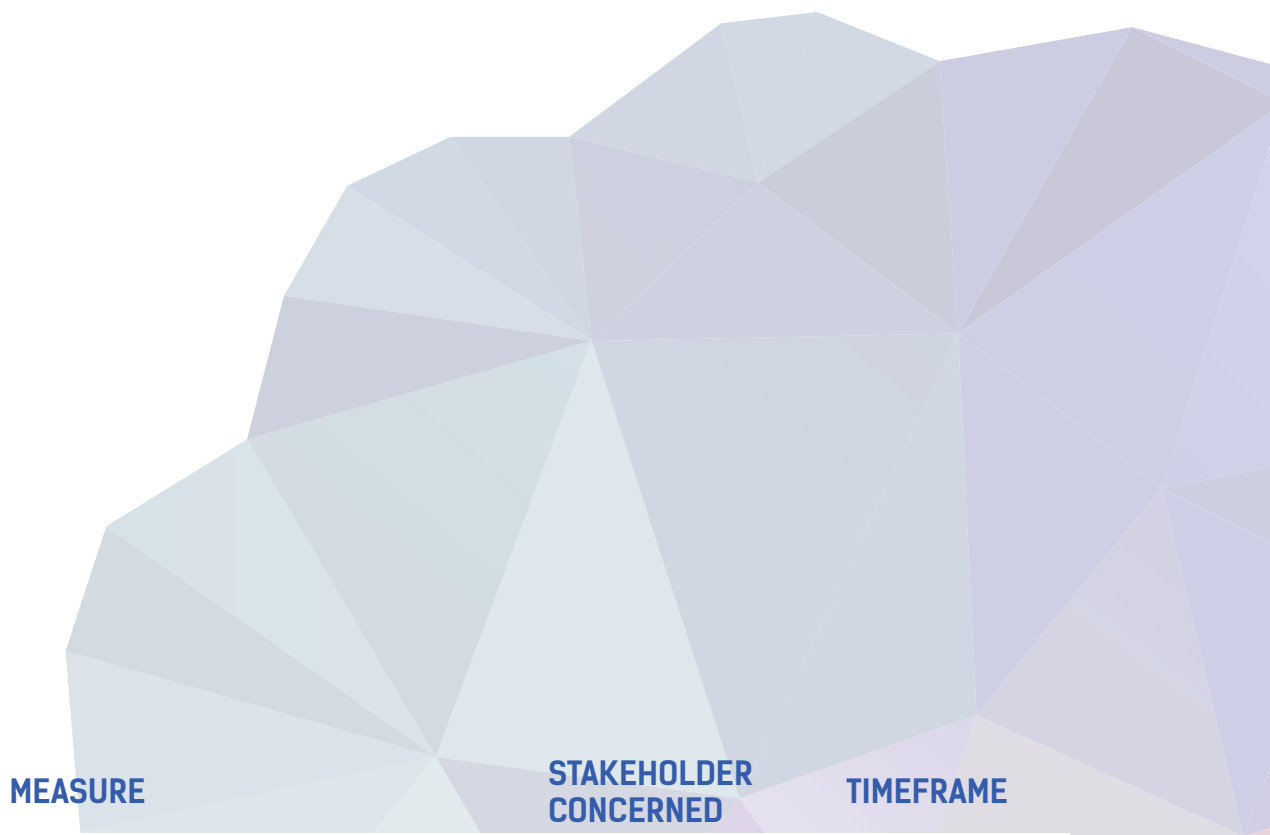
The measures contained in the action plan apply to roughly 30 sports for which a risk of concussion has been documented or identified. Since the degree of risk varies according to the type of activity and the level of performance, these measures can be adjusted to suit each situation and sport. The sports where the degree of risk is considered highest will be addressed as priorities.

FOCUS 1

PREVENTION

To help reduce the number of concussions that occur during sports and recreational activities, the Ministère de l'Éducation, de l'Enseignement supérieur et de la Recherche (MEESR) will take the following steps:

	MEASURE	STAKEHOLDER CONCERNED	TIMEFRAME
1.1	Document the prevalence of concussions and the circumstances in which they occur.	MEESR Sports federations concerned	Immediately
1.2	Provide technical and professional support for sports federations, to help them analyze preventive elements (environment, supervision, equipment and behaviour).	MEESR Sports federations	Immediately
1.3	Ensure that severe penalties are imposed on individuals who behave in a dangerous or violent way.	Sports federations concerned MEESR	Immediately



	MEASURE	STAKEHOLDER CONCERNED	TIMEFRAME
1.4	<p>Amend the safety rules as required, and make sure they are consistent with current playing rules.</p> <p>The safety rules must be approved by the Minister, as stipulated in <i>An Act respecting safety in sports</i>.</p>	<p>Sports federations concerned</p> <p>MEESR</p>	<p>High-risk sports: Fall 2016</p> <p>Other sports: Fall 2017</p>
1.5	<p>Assist the sports federations with the task of appointing resources in every team to oversee, identify and manage concussions.</p>	<p>MEESR</p> <p>Sports federations</p>	<p>Winter 2016</p>
1.6	<p>Make sure that athletes have a better understanding of the techniques they can apply to protect themselves in the sports where the risk is highest.</p>	<p>Sports federations</p> <p>MEESR</p>	<p>Fall 2016</p>

FOCUS 2

AWARENESS

To enhance knowledge and consideration of concussions occurring during sports and recreational activities, the Ministère de l'Éducation, de l'Enseignement supérieur et de la Recherche (MEESR) will implement the following awareness-raising measures:

	MEASURE	PUBLIC CONCERNED	TIMEFRAME
2.1	Work with the Ministère de la Santé et des Services sociaux to organize an awareness campaign on effective management of concussions.	Parents	Spring 2016
2.2	On the MEESR website, add a section on concussions in sports and recreational activities.	General population	Immediately
2.3	Produce an awareness-raising tool explaining why concussions in sports are of such concern.	Coaches, officials, administrators	Summer 2016



MEASURE

**PUBLIC
CONCERNED**

TIMEFRAME

2.4

Produce an awareness-raising tool explaining the importance of a gradual return to school after a concussion.

School principals, physical education teachers and other teaching staff

Summer 2016

2.5

Produce an awareness-raising tool emphasizing the role of parents in communicating concussion-related information to their child's sports team and school.

Parents

Summer 2016

2.6

Produce an awareness-raising tool that will help participants recognize the symptoms of concussion.

Participants

Summer 2016

FOCUS 3

MANAGEMENT

To ensure that initiatives to address concussions in sports and recreational activities are implemented in a coordinated fashion, the Ministère de l'Éducation, de l'Enseignement supérieur et de la Recherche (MEESR), with the support of the Ministère de la Santé et des Services sociaux (MSSS), announces the following concussion management measures:

	MEASURE	STAKEHOLDER CONCERNED	TIMEFRAME
3.1	<p>Circulate an initial directive encouraging the adoption of the following measures as a minimum:</p> <ul style="list-style-type: none"> • immediately remove an individual from the game or from training if a concussion is suspected • do not allow the individual to resume play or training the same day, even if the concussion symptoms have disappeared • do not leave a potentially concussed person alone • inform the parents of any incident in which there is a chance that a minor may have suffered a concussion 	<p>Sports federations MEESR</p>	<p>Immediately</p>
3.2	<p>Set up a panel tasked with promoting dialogue and collaboration between the sectors concerned, with a view to preparing a concussion management protocol and the tools required to apply such a protocol.</p>	<p>MEESR Sports and education communities MSSS</p>	<p>Immediately</p>

MEASURE**STAKEHOLDER CONCERNED****TIMEFRAME****3.3**

Provide sports organizations with a concussion management protocol.

MEESR
MSSS
Sports federations

Spring 2016

3.4

Provide technical and professional support for sports federations and educational institutions, to help them implement concussion management tools within their networks.

MEESR
Sports federations
Education community

Spring 2016

3.5

Include provisions relating to concussions in the work plan for the complementarity agreement between the MSSS and the MEESR.

MEESR
MSSS

Spring 2016

3.6

Ensure that a person is appointed in every educational institution to be responsible for applying the concussion management protocol.

MEESR
Education community

Spring 2016

3.7

Prepare and offer training for the resource people who will be responsible for taking charge of situations in which a concussion is suspected.

MEESR
Sports and education communities
MSSS

Spring 2016

