



# PRE-SEASON CONCUSSION EDUCATION CHECKLIST

Water Polo Canada (WPC) has developed the Pre-Season Concussion Education Checklist to identify how Canadian water polo coaches should approach concussion education for themselves and their team(s). The checklist breaks down the resources that should be used by coaches at each stage of their concussion education process. It is highly recommended that coaches complete the checklist tasks in the order they are presented prior to the start of each season.

PRE-SEASON EDUCATION TASK	REQUIRED RESOURCE(S)	STATUS
Review <b>WPC's concussion education resources</b> to familiarize yourself with concussion prevention, recognition and management.	<ol style="list-style-type: none"><li>1. Pre-Season Education Checklist</li><li>2. Pre-Season Concussion Education Fact Sheet</li><li>3. Pre-Season Concussion Education Team Meeting Guide</li><li>4. Concussion FAQ Guide</li><li>5. The Return-to-Sport Strategy</li><li>6. The Return-to-School/Work Strategy</li><li>7. Tips to Assist in Preventing Concussions and Other Injuries in Water Polo Guide</li><li>8. WPC's Concussion Protocol</li></ol>	<input type="checkbox"/>
Complete the <b>NCCP Making Head Way in Sport</b> e-Learning Module	<u><a href="#">The Coaching Association of Canada's Locker</a></u>	<input type="checkbox"/>

PRE-SEASON EDUCATION TASK	REQUIRED RESOURCE(S)	STATUS
Develop a <b>Concussion Action Plan</b> (you can create your own or use the sample template available in the Concussion Action Plan Guide).	The Concussion Action Plan Guide	<input type="checkbox"/>
Schedule a <b>Pre-Season Concussion Education Team Meeting</b> at the beginning of the water polo season.	Pre-Season Concussion Education Team Meeting Guide	<input type="checkbox"/>
<p>Include the following information in your Pre-Season Concussion Education Team Meeting:</p> <ul style="list-style-type: none"> <li>• The definition of concussion</li> <li>• Possible causes/mechanisms of injury (i.e. how a concussion might occur)</li> <li>• Common signs and symptoms</li> <li>• Steps that can be taken to prevent concussions and other injuries from occurring in water polo.</li> <li>• What to do when a player suffers a suspected concussion or more serious head injury</li> <li>• What measures should be taken to ensure proper medical assessment, Return-to-School and Return-to-Sport strategies.</li> <li>• Return-to-Sport medical clearance requirements.</li> <li>• Your Concussion Action Plan for Practices and Games.</li> <li>• Tips to Prevent Concussions and other injuries for players and parents/caregivers.</li> </ul>	<ol style="list-style-type: none"> <li>1. Pre-Season Concussion Education Team Meeting Guide</li> <li>2. Pre-Season Concussion Education Fact Sheet</li> <li>3. Concussion Action Plan Guide</li> <li>4. Tips to Assist in Preventing Concussions and Other Injuries Guide</li> <li>5. Concussion FAQ Guide</li> </ol>	<input type="checkbox"/>

PRE-SEASON EDUCATION TASK	REQUIRED RESOURCE(S)	STATUS
<p>Following the meeting, ask the participants to read the <b>Pre-Season Concussion Education Fact Sheet</b>. As an optional step, you can ask that your players and parents/caregivers sign the appropriate stakeholder <b>Concussion Code of Conduct</b> to understand their roles and responsibilities.</p>	<ol style="list-style-type: none"> <li>1. Water Polo Canada's Pre-Season Concussion Education Fact Sheet</li> <li>2. Concussion Codes of Conduct (Optional)</li> </ol>	<input type="checkbox"/>
<p>Explain where the <b>WPC Concussion Education Toolkit</b> or its individual resources are located for public use.</p>	<p>The Learn to Play Safe tab under the Safe Sport section of <u><a href="#">WPC's website</a></u>.</p>	<input type="checkbox"/>