



Policy Title	<b>Concussion Policy</b>
Responsible Committee	<b>Risk Management</b>
Date of Approval	February 2025
Date of Next Review	February 2027

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*This Policy has been prepared by Water Polo Canada and is applicable to Water Polo Canada, its members, affiliated organizations, and registrants. This document cannot be modified without consultation with and approval by Water Polo Canada.*

## Policy Statement

Water Polo Canada (WPC) recognizes that participation in the sport of water polo includes some inherent risk of head injuries and concussions. WPC is dedicated to increasing concussion awareness among our Member PSOs and Registrants, as a measure to both, prevent the occurrence of concussions, and mitigate the short-term and long-term consequences of concussions. We are fully committed to ensuring the health, safety and well-being of Canadian water polo participants.

## Definitions

The following terms have these meanings in this Policy:

- **“Activity”** means all WPC or PSO business and/or activities;
- **“Board”** means the Board of Directors for Water Polo Canada
- **“Suspected Concussion”** means the recognition that an individual appears to have either experienced an injury or impact that may result in a concussion or who is exhibiting unusual behaviour that may be the result of a concussion.
- **“Sport-Related Concussion (SRC)”** means a traumatic brain injury induced by biomechanical forces. Several common features that may be used to define the nature of a SRC may include:
  - i. Caused either by a direct blow to the head, face, neck or elsewhere on the body with an impulsive force transmitted to the head.
  - ii. Typically results in the rapid onset of short-lived impairment of neurological function that resolves spontaneously. However, in some cases, signs and symptoms evolve over a number of minutes to hours.
  - iii. May result in neuropathological changes, but the acute clinical signs and symptoms largely reflect a functional disturbance rather than a structural injury and, as such, no abnormality may be visibly apparent.
  - iv. Results in a range of clinical signs and symptoms that may or may not involve loss of consciousness. Resolution of the clinical and cognitive features typically follows a sequential course. However, in some case symptoms may be prolonged.
- **“Date of Approval”** means as stated on Page 1 of the Policy;
- **“including”** means including but not limited to;
- **“Policy”** means this Concussion Policy;
- **“Member PSO”** refers to a Provincial or Territorial Sport Organization that is responsible for the management of water polo within its provincial or territorial boundaries;
- **“Registrants”** means athletes, coaches, officials, clubs, administrative staff, and volunteers who are registered with Water Polo Canada;
- **“Responsible Subcommittee”** means as stated on Page 1 of the Policy;
- **“WPC”** means Water Polo Canada

## Purpose

The purpose of this Policy is to contribute to a safe and positive environment in the sport of water polo through awareness and application of WPC's concussion protocol and evidence-based resources to recognize, prevent, monitor and manage concussion injuries.

## Application

This Policy applies to all Registrants. Failure to abide by WPC's concussion protocol may result in disciplinary action in accordance with WPC's *Discipline and Complaints Policy*.

WPC's staff, in conjunction with industry experts, including Parachute Canada, will maintain a suite of concussion resources that are regularly updated based on emerging evidence and best practices.

WPC's concussion protocol will be communicated, implemented and enforced in WPC workplaces, external locations in Canada and abroad as well as events and activities sanctioned by WPC.

## Languages

This Policy will be provided by WPC in both official languages of Canada;

## References

WPC's Concussion Protocol (*particularly Section 11*)  
WPC's Concussion Education Toolkit for Coaches, Trainers & Safety Personnel  
WPC's Concussion Education Toolkit for Players & Parents/Caregivers  
Water Polo Specific Return to Sport Strategy  
Return to School/Work Strategy  
WPC Concussion Pathway

## Communication

WPC will ensure a current version of the Policy is publicized on its organization's website within a reasonable time following the Date of Approval, and WPC will use reasonable efforts to ensure that this Policy is communicated to those who will be responsible for upholding it as well as those who will be responsible for its implementation.

Protocol documents will be updated regularly and made available as resources on WPC's website. WPC will also distribute its Concussion Protocol to Member PSOs each

time a new version is released.

### **Review and Approval**

This Policy will be effective as of the Date of Approval following approval by the WPC Board and will be reviewed by the Responsible Subcommittee every two years.

### **Version History**

V1 = March 2025