



Concussion Prevention & Management

Adopted: February 13, 2014

The Ontario Fencing Association recognizes the potential danger and long-term health consequences of this often difficult to diagnose form of traumatic brain injury. The Policy is intended to provide easy-to-understand guidelines related to participants who have been diagnosed or are suspected of having a concussion.

The Policy is based on three pillars:

- Education of coaches, athletes and parents
- Prevention
- Management Education

Coaches should receive nationally standardized and certified education about concussion-related signs and symptoms, as well as potential long-term consequences and appropriate steps to take in managing concussions.

Parents who enroll their children in fencing should receive information on signs and symptoms of concussion.

Please see concussion Information links:

[Concussion Facts for Parents](#)

[Concussion Facts for Coaches](#)

Prevention

All coaches will ensure that:

- Masks are worn at all times during lessons and bouts.
- Floors are kept clean and spills dried immediately during practice and competition. Only non-slippery surfaces are used for fencing practice.
- Corps-a-corps contact is discouraged and appropriately penalized during practice and competition.
- Control of participant's behavior is maintained at all times and "roughhousing" and other potentially dangerous activity is disallowed.
- **Any** collision or fall of a participant is investigated for possible signs of concussion.

Management

Any athlete with a suspected concussion should stop playing immediately. Parents should be informed and the participant should be evaluated by a physician to confirm the diagnosis, and appropriate assessment and follow-up care with a physician experienced in concussion management should be instituted.

Return to play should only be considered when the participant is asymptomatic, cognitive function has returned to normal and medical clearance has been granted. There should also be a graduated-exertion protocol in place for formerly concussed athletes returning to play.