

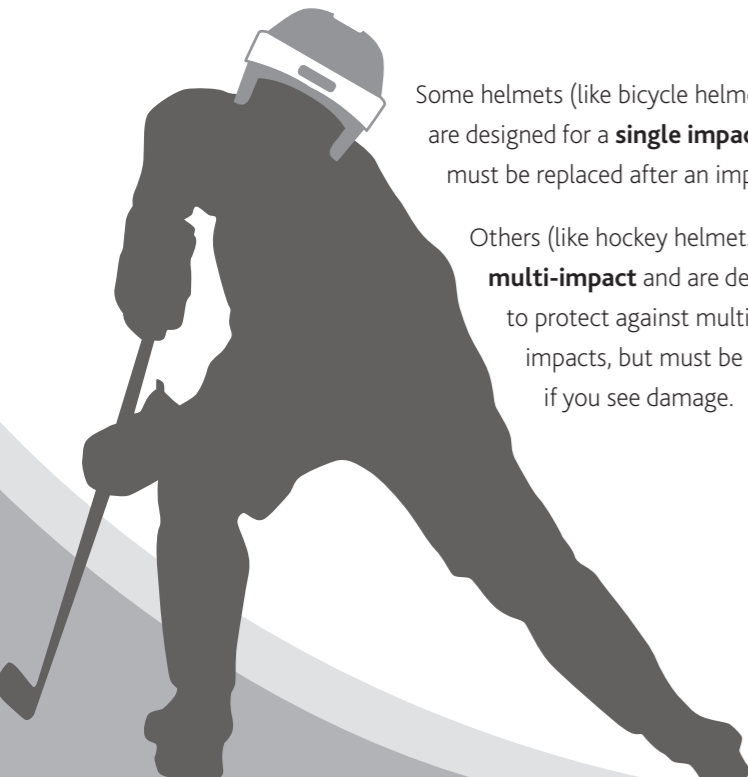
# Concussion prevention

Depending on the activity, there are many ways to prevent concussions and other head injuries. Helmets are one of the most important pieces of safety equipment to prevent or decrease the severity of head injury during certain activities. Other preventative methods include educating people about safety techniques to limit falls and injuries, identifying potential hazards in the area and increasing awareness of the dangers of head injuries.

More info can be found at [Scouts.ca/playsafe](http://Scouts.ca/playsafe) and [parachutecanada.org/downloads/resources/Concussion-Parents-Caregivers.pdf](http://parachutecanada.org/downloads/resources/Concussion-Parents-Caregivers.pdf)

## Helmets

A properly fitted helmet helps protect your brain from absorbing the force from a crash or fall, dramatically decreasing the risk of serious injury. In order for helmets to protect you or your child properly, they must be correctly fitted and secured.



Some helmets (like bicycle helmets) are designed for a **single impact** and must be replaced after an impact.

Others (like hockey helmets) are **multi-impact** and are designed to protect against multiple impacts, but must be replaced if you see damage.

## How to Wear a Helmet

### USE THE "2V1" RULE



2 fingers above the eyebrows

1 finger between chin and strap

Straps form a "V" under the ears

There are different helmets for most activities, so check the manufacturer's label inside your helmet to learn what activities it is recommended for.



### Helmet Safety

While not every helmet has guidelines for replacement, it is recommended that **bike helmets be replaced every five years**, as the plastic may begin to degrade. For other helmets, it is recommended you replace the helmet if it is cracked, missing pieces or has been subjected to a severe blow. Stickers should not be placed on helmets, as they may degrade the plastic.

[Scouts.ca/PlaySafe](http://Scouts.ca/PlaySafe)

[Scouts.ca/PlaySafe](http://Scouts.ca/PlaySafe)  
#HeadSafe

# HEAD SAFE



**Play Safe.  
Live Safe.  
Safe Ontario.**

hydro one



# Being Mindful About HEAD INJURIES

In Scouting, youth get to experience a huge variety of adventures, from hiking, to biking to rock climbing. Getting moving outdoors gives us a sense of freedom, but we nonetheless need to be mindful of our safety when enjoying these activities.

Children and adults alike can fall or otherwise hurt themselves, sometimes seriously. Concussions are one injury that can be all too common. A concussion is an injury to the brain, and it can affect the way a person feels, behaves and remembers. A concussion can be caused by a strong blow to the head or neck, a fall, or by any other impact.

## Signs and symptoms of a concussion

- Headache or pressure in the head
- Sensitivity to noise, light, motion and odors
- Drowsiness
- Nausea
- Dizziness
- Blurred vision
- Feeling emotional or irritable
- Feeling nervous or anxious
- Neck pain
- Inability to concentrate
- Difficulty remembering facts or events from earlier in the day

## What should you do if you suspect a concussion?

- Remove the injured person from the activity.
- Keep the injured person comfortable. Tend to swelling with ice.
- Do not leave the injured person alone.
- Seek professional medical help as soon as possible.
- If the injured person loses consciousness, call an ambulance. Unless absolutely necessary, do not move the injured person yourself.

## Returning to Scouting and other activities must follow a step-wise approach

If symptoms last longer than two weeks, ask your doctor to refer you to an expert in managing concussions.



### STEP 1: No activity and complete rest

Rest 24 to 48 hours following a concussion. Once cleared by a doctor, proceed to step 2.



### STEP 2: Light exercise

Once the symptoms are gone, take part in light aerobic exercise such as walking or stationary cycling for 10–15 minutes at a time to ease the transition into recovery.



### STEP 3: Specific aerobic activity

Increase aerobic movement to activities like hiking or jogging for 20–30 minutes at a time. There should be no activities that involve body contact, like team sports.



### STEP 4: Return to low-key activities

Gradually return to low-key activities with no body contact or potential for head impacts (i.e. no dodgeball or soccer).



### STEP 5: Monitored activity

Youth who have been cleared by a doctor can take part fully in regular activities, but should be closely monitored during and after for symptoms.



### STEP 6: Full return to activities

The rate progression through these stages will vary, but each stage must take **at least 24 hours**. If any symptoms of a concussion reoccur during any of the steps, return to rest until they are gone and return to the previous stage of activity.

## When can I return to Scouting activities?

It is very important that a concussion victim does not go back to Scouting if he or she has any ongoing symptoms of a concussion.

## How long can it take for a concussion to heal?

The time it takes to recover from a head injury will vary. Returning to Scouting, sports or school can be a slow process. Your doctor will help prepare a progressive plan to ease your child back into activities.

During recovery, your child should not do any activities that may make symptoms worse, including playing video games or looking at screens. If a child goes back to these activities before he or she is ready to, it might worsen his or her symptoms and delay recovery.

## When to see a doctor

If your child suffers a head injury, he or she should see a doctor as soon as possible. If he or she loses consciousness, call an ambulance to take him or her to the hospital right away. If your child is diagnosed with a concussion, the doctor should schedule a follow up appointment in the following weeks. Take your child back to the doctor immediately if he or she has any worsening symptoms.