

## Get Head Safe

Safety awareness and prevention are not limited to the playing field or workplace—safe living begins at home. As safety leaders in Canada, Hydro One and Scouts Canada have teamed up to extend their culture of safety, healthy activity and vibrant family life to communities across the country with our new Head Safe program.

The Head Safe program provides you and your youth with educational materials aimed at preventing head injury. Through the program, youth will learn head injury first aid, role play on how to respond to real-life scenarios, and gain understanding of key preventative measures and the necessary steps toward recovery before a safe return to play. Head Safe addresses the importance of educating youth on head safety awareness and injury prevention. Through training to recognize the symptoms of a concussion as well as preventative measures to avoid and respond appropriately to head-related injuries, you and your youth will be equipped to live and play safely.



### Sample Head Safe meeting agenda

The Head Safe program is designed to be a multi-week safety program, which can occur over a series of weeks at any point during the Scouting Year. Each Trail Card should take most of a meeting to complete.

- Gathering Activity (5–10 mins)
- Opening
- Intro: Concussion Basics (10–15 mins)
- This is a great time to gauge your youth's level of knowledge about concussions. What do they already know? Are there any major gaps in their knowledge?

- This is also a great time to introduce some information about concussions that is relevant to the evening's activity—for example, talking about helmets before the egg drop activity, symptoms of a concussion before the concussion simulation activity, or first aid before the concussion first aid activity.
- Activity: Egg Drop (45 mins–1 hr)
- Closing Activity (Song, Scouter's Five, Game) (10 mins)
- Closing

### A note on the Trail Cards

You may have noticed that the Trail Cards for Head Safe do not have Sections listed on them. The intention is that all Trail Cards are achievable for all age groups. The Trail Cards are designed to be a mid-level challenge by default, but all have some modifications which can be made to make the activity simpler or more difficult, depending on the age and skill level of the group. Further modifications can be found on the online version of each Trail Card.

### Head Safe Trail Cards:

- Recipe Gone Wrong
- Concussion First Aid Roleplay
- Return to Play
- Egg Drop
- Concussion Simulation

# SCOUTERS' TIP

## Concussions

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.

\*\*If someone suffers a head injury at a meeting, camp or other Scouting event, it must be reported to Safe Scouting, regardless of whether or not a concussion is suspected.

## Prevention

There are several ways to prevent concussions and head-related injuries. Helmets are one of the most important pieces of safety equipment to prevent or decrease the severity of head injury. Other preventative methods include educating youth on proper techniques to limit falls and injuries, identifying potential hazards and increasing awareness of the dangers of head-related injuries.

## Common symptoms of a concussion

Each person who experiences a head injury will experience it differently, with symptoms lasting from a couple of days to weeks, months or even years. Common concussion symptoms are:

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

## What to do if a concussion is suspected

If a concussion is suspected, stop all activity, treat any swelling with ice and seek medical advice immediately. A person with a

suspected concussion shouldn't be left alone, and an ambulance should be called if the person loses consciousness.

## What is return to play?

Return to Play is a six-step approach designed by head injury experts to ease the transition back to normal activities from a concussion or a head-related injury

**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 full physical activities.**

The rate of 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.

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 they are ready to, it might worsen their symptoms and delay recovery.

