

Concussion Prevention and Management Policy

Introduction

Tennis is not a contact sport. Thus head injuries are rare but could result from falls which occasionally occur while playing tennis. This policy defines the responsibilities in concussion prevention and in dealing with any potential concussion injuries.

Concussion can be thought of as a bruised brain. Clinical signs and symptoms immediately post head trauma may include loss of consciousness, confusion, amnesia, disorientation, vomiting, disequilibrium and sensory dysfunction including visual, olfactory and auditory disturbance. Long-term symptoms of concussion may include cognitive deficits and poor concentration, dizziness, balance and coordination problems, recurrent headache, emotional liability, mood disturbance, altered sleep pattern and easy fatigability.

The Perth Tay Tennis Club ("the Club") rents tennis courts at the Town of Perth's Conlon Farm Recreation Complex.

Prevention Responsibilities

"Duty of Care" is a legal principal that identifies the obligations of individuals and organizations to take reasonable measures to care for and protect their participants.

The Town of Perth, as owner of the Conlon Farm Recreation Complex, owns the tennis courts and is responsible for maintaining the courts in condition for tennis play. The Club informs the Town of Perth of any maintenance issues its members notice.

The Club organizes league play but the Club and the league coordinators do not assume a "Duty of Care" with respect to playing conditions at any particular time. There is no individual "in charge" at any particular time with the exception of tennis lessons provided by a paid contractor to children and youth. In that case the paid instructor has a Duty of Care to teach in a safe manner and to instruct students in safe play.

The individual player (or parent or guardian of under aged player) assumes responsibility for safe play. It is the individual's responsibility to judge whether conditions are safe to play (for example, the slipperiness of damp courts), to use appropriate gear (for example, shoes that are designed for tennis play on asphalt courts) and to conduct themselves in a safe manner.

Responsibilities After an Injury

Neither the Town of Perth nor the Club provide any medical services at the tennis courts.

The individual player is responsible for their own health and medical condition. If there is a suspected head trauma other players may advise the injured player to seek immediate

medical service but the ultimate decision is up to the injured player. In the case that the injured player appears unable to make their own decision other players present must immediately call for emergency medical assistance.

In the event of a head trauma to a child or youth resulting in concussive symptoms, a parent or guardian will be informed and/or paramedics must be called by other players present (or the instructor) based on severity of signs and symptoms.

The Perth Tay Tennis Club recommends evaluation by a physician prior to return to activity. However all medical decisions are strictly a matter for the individual (or parent or guardian).

Perth Tay Tennis Club
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