



2018
The YMCAs of Cambridge & Kitchener-Waterloo
Concussion Policy

The YMCAs of Cambridge & Kitchener-Waterloo are committed to ensuring the safety and well-being of all employees and participants in YMCA programs.

Despite the best efforts of YMCA staff, participating in recreational activities can result in injuries including concussions. A concussion can have long-term complications if it is not dealt with properly.

Any individual who suffers a suspected concussion must stop participation in the activity immediately. It is the parent/guardian's responsibility to have the injury properly diagnosed by a medical professional.

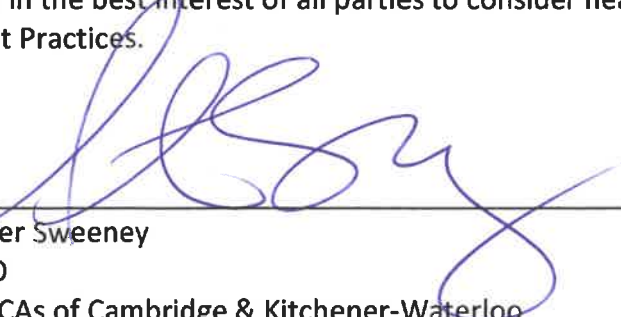
Any individual who is experiencing signs, symptoms or behaviours of concussion, whether at rest or with exertion, must be removed from any further play or practice.

Preventative Measures:

- The concussion policy is available to participants, parents and guardians, and posted to the website
- Best practice regarding concussions will be reviewed regularly with staff and volunteers.

Only a medical professional can diagnose, assess and make decisions regarding returning to physical activity.

It is in the best interest of all parties to consider health and safety in all activities in compliance with YMCA Best Practices.



Peter Sweeney
CEO
YMCAs of Cambridge & Kitchener-Waterloo



Date