

Concussion Workshop:

Presented by Paul Dwyer

- What is a concussion?
 - o Doesn't have to be a blow to the head, it can be a blow to the body. The brain gets shifted quite rapidly
 - o The brain's responsibilities can be affected
 - o Symptoms can come about up to 72 hours after the injury
 - o Symptoms aren't seen – they are more functional aspects
 - o Adult population – managed properly, 7-10 days
 - o * have a strong basis of signs and symptoms are concussion can come from a different sport with the athlete and not aware of
 - o Signs and symptoms – sad and depression = feeling can be worsen because the athlete is getting pulled from their passion, their sport
 - o Doctors in BC are trying to standardize the realization for the care and knowledge if they have a concussion or not – If GP isn't familiar with the symptoms and signs, there are resources that can be taken to the GP for them to test: balance, reaction time, etc.
 - o Unreported concussions – second impact syndrome: return to play when hasn't fully recovered, and then was affected by a second impact concussion. Can be very serious, can lead to death. * need to watch sending athletes into play too early
- Suspecting a concussion
 - o Anything to effect the brain to rattle in the skull
 - o Signs and symptoms – remove athlete from play, assess reaction time, balance
*symptoms can be delayed once sustained a blow to the head or the body
 - o Knowing your athlete as well can help, coach being the advocate, need to overrule the parents sometimes
 - o Better to be safe than sorry with the athletes – take them out of the play for at least 24 hours to ensure no signs have developed overnight
 - o To ensure that there is clearance notes from the doctors before allowing the athlete to come back to play
- Concussion Management
 - o Having ear plus handy, a hat, sunglasses to help the athlete
 - o Take to a quiet room to assess any potential symptoms
 - o Try not to wake the athlete or adult up throughout the night – want the brain to rest and reset
 - o Can have the adult sleep near by just for emergency – sleep patterns have changed, tingling sensation through their body, etc
 - o *Concussion Response Tool – coaches / managers go through the response tool and assess athlete from the list and determine if further medical services are necessary. Helps document the injury and have documentation for the medical personal
- While Symptomatic

- Sustain from physical activity
- Mental activity – tv, texting, reading, computer, etc
- Keep them engaged with their friends, calm and a few, no stress to the brain. Need to let the brain reset

- Red Flags!
 - Headaches
 - Neck pain, *central neck pain*
 - Out of the norm behaviour
 - Vomiting
 - Slurred speech
 - Numbing in the body
 - Memory loss
 - Level of conscience

- Choking out athletes in judo
 - There is a protocol in place for those athletes
 - Letting the parents aware that protocol is being followed and watch for the blood flow is back

- Return to play **AVOID GIVING MEDICATION: ADVIL, ETC**
 - Even though may be cleared from the physician, want to gradually intergrade them back into play
 - Keeping them engaged in their sport, not isolating them completely
 - Facilitate coach to athlete – moderating warm-up, watch facial expressions, asking questions on feelings (headaches, tingling feeling throughout the body, etc)
 - *avoid spinning (specific symptom that has stuck around)* knowing symptoms that are sticking around, if its sticking around, seek medical services
 - Step one – rest
 - Step two- light activity (stationary movements)
 - Step three – specific technics. No resistance activity. Independent stage, where the coach is watching.
 - Step four – add cognitive activities. Adding resistance in training. Weight training. No impact activity. Some activity that gets the athlete to think a little. This is where the coach can get involved a little more.
 - Step five – full contact practice. May need to follow through to get the physicians note to allow for full contact once again. Always communicating with the athlete to see if any symptoms are coming back.
 - Step six – return to play letter. Giving the letter for PSO that the athlete can come back.

- Baseline testing
 - Gives a little bit of data of what is normal

Growth and Development in BC:

Presented by Jeff Thomson

- Relevance of the Coach:
 - Children who take part in sport most want to be like their; 1) Coach 80%, 2) Teacher 40% and 3) Parents 14% = rank order never changes
 - Making sure that we create realistic goals for athletes. (throwing grade 1 students on the basketball court with a full size ball and hoop, told to shoot the basketball in the hoop) = unrealistic for the age of the child.
 - Sensei and coaches legacy – retaining your athletes and stream lining athletes to become coaches and keeping the legacy alive!
 - ** doesn't help when the education system allows for the disconnect in physical education and the sport sector seeing the damage this has caused. (PE classes online now).
 - Physical Literacy is so important and an great outlet which can lead to other sports. Its very important to provide the safety for children. How to fall properly without getting seriously hurt, how to protect themselves from harming their necks when doing rolls, etc.

Dojo App: (DKJ Sensei)

- Why?
 - For members to track what they are doing throughout the week
 - Connecting technology to the world
 - For members to have a visual of the technique is to be completed next
 - Sensei = can change/edit things in the app for their athletes
 - Be able to show what belts have been signed off and record it by date of completion
 - Reports can be exported to excel and email
 - Notification of when belts have been signed off through the app
 - Logistics – hosted with a states host

High Performance: (U16-U18-U21)

Jeremy Le Bris Presentation:

- Notify talent ID detection
- Prepare young athletes to integrate to the National Team
- Centralize training = so important (IST)
- Organize Provincial training camps – open to everyone, coaches and athletes
 - 4 – 6 training camps per season
- Bringing the athletes to the national training centre is trying to align them with Judo Canada = best model for developing Olympians
- There will be applications with everything to go out July/August
 - Will have a defined testing that athletes should complete to advance to the training camps
 - Training plans will be sent out

Round Table discussion:

- Practical ways that club is responsible for?
 - Build a larger base and network = athletes to coaches
 - General safety rules are being followed
- What is the coaches responsibility?
 - To make money = ways to keep coaches involved
 - Communicate like the kids
 - Make it fun
 - Mentor other coaches
 - Succession planning
- What is Judo BC could do?
 - Financial support to the athletes
 - Athletes to all tournaments (high performance or great potential athletes)