



YOUR HEALTHY CHOICE AMBASSADOR

Effective date: April 10, 2022

**Concussion Prevention and Management Policy**

MJKO’s Concussion Prevention and Management Policy was developed using pertinent sections from Boxing Canada’s Concussion Management Policy. Boxing Canada’s Concussion Management Policy and further information can be found in the Concussion Toolbox section on Boxing Canada’s website. <https://boxingcanada.org/documents/>

MJKO has many school-aged children and youth attending our programs along with university aged volunteers and staff. If an athlete is suspected to have a concussion, then they must go through physical and cognitive rest for 24-48 hours. They must complete the Return-to-Learn Protocol followed by the Return-to-Sport Protocol.

**Return-to-Learn**

The general steps to Return-to-Learn include:

1. Take a break from cognitive (thinking, processing) activities for up to a few days.
2. Do activities that do not cause symptoms to get worse.
3. Try to do some schoolwork at home, increasing the duration as tolerated. Participate in activity in short bursts of time.
4. If you can complete one hour of homework at home for one to two days, try to return to a modified school schedule. When you can attend school full time without symptoms you can return to sport.

**Return-to-Learn Protocol**

	<b>Aim</b>	<b>Activity</b>	<b>Goal</b>
Step 1	Daily activities at home that do not give the child symptoms	Typical activities of the child during the day as long as they do not increase symptoms	Gradual return to typical activities



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		(e.g., reading, texting, screen time). Start with 5–15 min at a time and gradually build up	
Step 2	School activities	Homework, reading or other cognitive activities outside of the classroom	Increase tolerance to cognitive work
Step 3	Return to school part-time	Gradual introduction of schoolwork. May need to start with a partial school day or with increased breaks during the day	Increase academic activities
Step 4	Return to school full-time	Gradually progress school activities until a full day can be tolerated	Return to full academic activities and catch up on missed work

Once all steps of the Return-to-Learn have been completed symptom free, then athletes will move on to the six Return-to-Play steps. Athletes are required to see a physician for the diagnosis of concussion and to rule out other possible injuries to the brain or spine before resuming support.



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## **Return-to-Sport**

The general steps to Return-to-Sport include:

1. Symptom-limited activity
2. Light aerobic exercise
3. Sport-specific exercise
4. Non-contact training drills
5. Full-contact practice, and
6. Return to competition.

Once a step is completed, the athlete must not have any new symptoms or worsening of symptoms for at least 24h before starting the next step. If symptoms appear, the athlete must stop the activity and rest until symptoms resolve (minimum 24h) and return to the previous step. If symptoms appear during steps 5 or 6 of the Return-to-Sport protocol, the athlete must stop the activity and consult with a health professional before returning to their sport.

MJKO recommends a minimum of 30 days rest after a concussion is diagnosed before the athlete returns to sparring (step 5) or any training with the risk of physical contact.

Concussion symptoms can include:

- Headache
- “Pressure in head”
- Neck pain
- Nausea or vomiting
- Dizziness
- Blurred vision
- Balance problems
- Sensitivity to light
- Sensitivity to noise
- Feeling slowed down
- Feeling like “in a fog”
- “Don’t feel right”
- Difficulty concentrating
- Difficulty remembering
- Fatigue or low energy
- Confusion
- Drowsiness
- More emotional Irritability
- Sadness
- Nervous or anxious
- Trouble falling asleep



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**Return-to-Sport Protocol**

	<b>Aim</b>	<b>Activity</b>	<b>Goal</b>
Step 1	Avoid activities that cause symptoms.	Activities can include taking short walks, doing light chores, listening to music and reading a book (up to 15 min at a time).	The athlete must avoid any physical or mental activity that worsen symptoms as well as limit looking at cellphone, computer and television screens.
Step 2	Light aerobic exercise.	This means about 5 to 10 minutes on an exercise bike, walking, or light jogging. No weightlifting at this point.	Start resuming exercise without symptoms.
Step 3	Moderate activity. This means start to increase the heart rate adding in body and head movements. This includes boxing specific training. Athletes must not have any concussion symptoms when starting step 3.	<p>This includes moderate jogging, brief running, moderate - stationary biking, moderate weightlifting (less time and/or less weight from their typical routine).</p> <p><b>Boxing Specific</b></p> <ul style="list-style-type: none"> <li>-Footwork drills (ex: ladder, cones, displacements)</li> <li>-Shadow boxing with minimal head movements</li> <li>-Coordination drill (ex: reflex ball, throwing ball on wall, dribbling ball on ground, throwing hacky sack with partner)</li> </ul>	<p>Increased output and intensity without contact or symptoms.</p> <p>Boxing specific exercises with no symptoms.</p>



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Step 4	<p>High Intensity boxing without contact.</p> <p>Athletes must not have any concussion symptoms when starting step 5.</p>	<p>Add heavy non-contact physical activity, such as sprinting/running, high-intensity stationary biking, and regular weightlifting, non-contact sport-specific drills.</p> <p>Boxing Specific</p> <ul style="list-style-type: none"><li>-Jump rope without restrictions</li><li>-Shadow boxing without restrictions,</li><li>-Pad work OR medium intensity heavy bag,</li><li>-Coordination drill (ex: reflex ball, throwing ball on wall, dribbling ball on ground, throwing hack sack with partner).</li></ul> <p>Shadow boxing in pairs without contact. This is a technical drill where two boxers face one another and react to each other's movements to practice proper timing of attacks and defense. A coach must provide close supervision to ensure that there is enough distance between the boxers to avoid the risk of physical contact.</p>	<p>High output level without any contact but adding in jumping and more head movement.</p>
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Step 5A	<p>Full contact</p> <p>Athletes must not have any concussion symptoms when starting step 5. If any symptoms appear, the athlete must immediately stop sparring and consult with a physician before continuing the protocol.</p> <p>Coaches must verbally communicate with athletes to determine their state of mind.</p> <p>Having a “foggy” thought process is a symptom and would require an immediate stoppage of activities.</p> <p>The coach should ask the athlete if they have any of the following symptoms:</p> <ul style="list-style-type: none"><li>• Headache</li><li>• “Pressure in head”</li><li>• Neck pain</li><li>• Nausea or vomiting</li><li>• Dizziness</li><li>• Blurred vision</li><li>• Balance problems</li></ul>	<p>Sparring can begin for short duration.</p> <p>There must be at least 48h between sparring sessions to allow time for rest and to assess the athlete for symptoms.</p> <p>Increased rest time between rounds allows the coach to assess the athlete for any symptoms</p> <p>Heavy physical activity, such as sprinting, jumping high-intensity biking, weightlifting and contact sport-specific drills.</p> <p>Boxing Specific</p> <ul style="list-style-type: none"><li>-Warm-up with the team</li><li>-Jump rope</li><li>-Shadow boxing</li><li>-Full contact sparring</li><li>-Cool down / stretching</li></ul>	<p>High output level with contract. Athletes may return to practice and full contact in controlled practice.</p>
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- Sensitivity to light
- Sensitivity to noise
- Feeling slowed down
- Feeling like “in a fog”
- “Don’t feel right”
- Difficulty concentrating
- Difficulty remembering
- Fatigue or low energy
- Confusion
- Drowsiness
- More emotional Irritability
- Sadness
- Nervous or anxious
- Trouble falling asleep

Step 5B	Full contact Boxing Specific.  Athletes must not have any concussion symptoms when starting step 5. If any symptoms appear, the athlete must immediately stop sparring and consult with a physician before continuing the protocol.	Boxing Specific -Warm-up with the team -Jump rope, -Shadow boxing, 2x3 min, 1 min rest -Full contact sparring, 3x2 min, 2 min rest (check with athletes between rounds presence of any symptoms) -Coordination drill (ex: reflex ball, throwing ball on wall, dribbling ball on ground, throwing hacky sack with partner) - Cool down / stretching	Building up tolerance to contact.
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Coaches must verbally communicate with athletes to determine their state of mind.

Having a “foggy” thought process is a symptom and would require an immediate stoppage of activities.

The coach should ask the athlete if they have any of the following symptoms:

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- Neck pain
- Nausea or vomiting
- Dizziness
- Blurred vision
- Balance problems
- Sensitivity to light
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- Fatigue or low energy
- Confusion
- Drowsiness
- More emotional Irritability
- Sadness
- Nervous or anxious
- Trouble falling asleep

Step 5C

Boxing Specific - Full contact

Athletes must not have any concussion symptoms when starting step 5. If any symptoms appear, the athlete must immediately stop sparring and consult with a physician before continuing the protocol.

Coaches must verbally communicate with athletes to determine their state of mind.

Having a “foggy” thought process is a symptom and would require an immediate stoppage of activities.

Boxing Specific

Warm-up with the team  
Jump rope  
Shadow boxing, 2x3 min, 1 min rest  
Full contact sparring, 3x3 min, 1 min rest (check with athlete between rounds for presence of any symptoms)  
Coordination drill (ex: reflex ball, throwing ball on wall, dribbling ball on ground, throwing hacky sack with partner),  
Cool down / stretching

Determine if athlete can move to step 6 – competition. The athlete must be 100% symptom free in order to move to number 6 in the return to play protocol. If symptoms come back the athlete must stop all activity and get checked by a doctor before starting step 1 again.



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Step 6	Return to boxing competition  If any symptoms appear during practice or competition, the athlete must immediately stop the activity and consult with a physician before returning to play.	All activities are welcome in step 6.	Athlete returns to full contact boxing competition.
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**Prevention Management**

All MJKO staff, volunteers and participants adhere to the MJKO Health and Safety Policy and the MJKO Concussion Prevention and Management Policy to make sure all fields of play are kept safe and clean of hazards. All activities are monitored by certified coaches to prevent incidents that could result in a concussion or collision.