

# Alberta and Northwest Territories Lifesaving Sport Concussion Policy

The purpose of the Alberta and Northwest Territories Sport Concussion Policy is to improve concussion literacy in the Lifesaving Sport community through education. All sports participants, including athletes, parents/caregivers, coaches, officials, and volunteers are expected to undergo annual concussion education.

## What is a concussion?

A concussion is a brain injury that results from a physical blow to the head, face, neck, or body that causes the brain to move within the skull. It is an invisible injury that cannot be seen on routine medical imaging like X-rays or CT scans. Concussions can trigger a range of symptoms, including cognitive, physical, and emotional/behavioural.

## Why Parachute?

The Lifesaving Society of Alberta and Northwest Territories is following the Canadian Guideline on Concussion in Sport by Parachute, Canada's national charity dedicated to injury prevention with expertise in concussions, through the implementation of pre-season concussion education.

## Annual Education

Annually, at the beginning of the Lifesaving Sport season, club leadership/coaches must:

1. Complete pre-season concussion education by reviewing all linked Parachute concussion resources.
2. Ensure athletes, parents/caregivers, volunteers/officials and other active members of their Lifesaving Sport community have received and reviewed the Parachute concussion education resources.
3. Track and document how and when sport participants received and reviewed the Parachute concussion education resources. This documentation must be made available to the Lifesaving Society upon request.

## Parachute Concussion Education Resources

- [Concussion Guide for Athletes \(2024\)](#)
- [Concussion Guide for Coaches and Trainers \(2024\)](#)
- [Concussion Guide for Parents and Caregivers \(2024\)](#)