

# CONCUSSION, INJURIES AND INCIDENT MANAGEMENT

**How our sports manage concussion on SportLoMo**



# Managing Concussion, Injuries and Incidents

## How our sports manage concussion on SportLoMo

SportLoMo's Concussion Management provides an innovative solution to the critical issue of concussion management. Designed to enhance player safety, the module offers a structured process for identifying, reporting, and managing concussions (and other injuries). Initial development of this forward-thinking system began in 2021.

Concussion Management is especially relevant for sports like Rugby, Lacrosse, American Football, Ice Hockey, Soccer, Field Hockey, Boxing and other contact sports. SportLoMo's Concussion Management module also supports the management of other types of incidents and injuries. Since its launch, its functionality has expanded significantly, it now operates as a standalone feature while also integrating into the SportLoMo platform and Game Management App.

The Concussion and Incident Management module is highly configurable, offering the flexibility to be customized to fit

the specific reporting processes and protocols of any sport. Its versatility also extends to managing various types of injuries and incidents beyond concussions.

An important feature of this module is its direct integration with the individual's (athlete) record and the membership registration system. This ensures that incidents are accurately recorded, tracked, and attached to the athlete's profile. This integration also facilitates managing approval mechanisms and return-to-play protocols, ensuring that all relevant parties who need access to the athlete's record can easily obtain it.

Developed in collaboration with Ontario Rugby, Rugby Canada, and supported by the Ontario Ministry of Sport, the SportLoMo Concussion Management system was introduced to manage Ontario Rugby's 'Blue Card' system and has proven to be highly effective.

## Phase Two of Development Roadmap

Following the initial launch, additional functionality has been added to the platform.

- Each sport can setup their own incident types, procedures and approval processes.
- Expanded capabilities now allow players, coaches, or parents to record potential concussion incidents that occur outside of games, such as during training, at home, or in other social settings.
- The new enhancements enable parents or players to log personal incidents, automatically triggering notifications to coaches and clubs, ensuring they are informed of any potential concussions/injuries.
- The system provides valuable information to medical professionals or other designated authorities, helping them determine whether a player should be included on a team roster.
- Parents can add email addresses for coaches in other sports, allowing them to receive incident reports and ensuring all coaches associated with the player are aware of any additional incidents.
- The functionality is accessible via the web and has also been integrated into the SportLoMo Team App.

# MANAGING A TYPICAL INCIDENT (CONCUSSION / INJURY) ON SPORTLOMO



## **Setup Stage**

The 'Incident and Concussion Lead Manager' creates a list of incident types, adding dropdown options for injury types, and requesting detailed incident descriptions, including where, when, and how the incident occurred. An unlimited number of incident types can be created.

## **Incident Submission**

When a concussion or incident occurs, the incident is raised by a game official or designated person on the system i.e. Team Manager. This submission triggers an automated process to ensure that all incident protocols are followed.

## **Automated Notifications**

Individuals, clubs, and coaches receive automated email notifications outlining the required steps to be followed. The Lead Manager determines who should be notified based on the type of incident.

## **Management Options**

The system offers various options for managing incidents, such as setting an athlete / player's status to 'inactive,' which prevents them from being selected for a roster until they complete the necessary return-to-play protocols.

## **Approval Mechanisms**

Approval processes can be configured to ensure each incident is thoroughly reviewed in line with each sport's protocols i.e. the sport can specify the evidence required for a player's return to play, such as uploading a medical assessment.

## **Incident Review**

Designated administrators can view the full history of an incident. Once satisfied that all protocols have been followed, they can 'reactivate' the individual and mark the review as 'completed.'

## **File and Document Retention**

Each incident is recorded on the individual's personal profile, with all related files and documents securely stored on the profile. To protect privacy, the system includes an option to review and delete files while maintaining a detailed record of who reviewed and approved the files, along with the date of the action.

## **Record Keeping and Reporting**

Management can generate comprehensive reports on incidents, injuries, and other related data as needed.



# Recording & Tracking a Concussion/Incident

The details recorded vary by sport, you can add, edit, hide, or create new fields to suit your processes. Some examples below.....

## Game Overview

Game ID, Date and Time, Status, Competition, Venue, Result Official, Referee, Home team, Away team, Teamsheet Comment.

## Member (Athlete) Overview

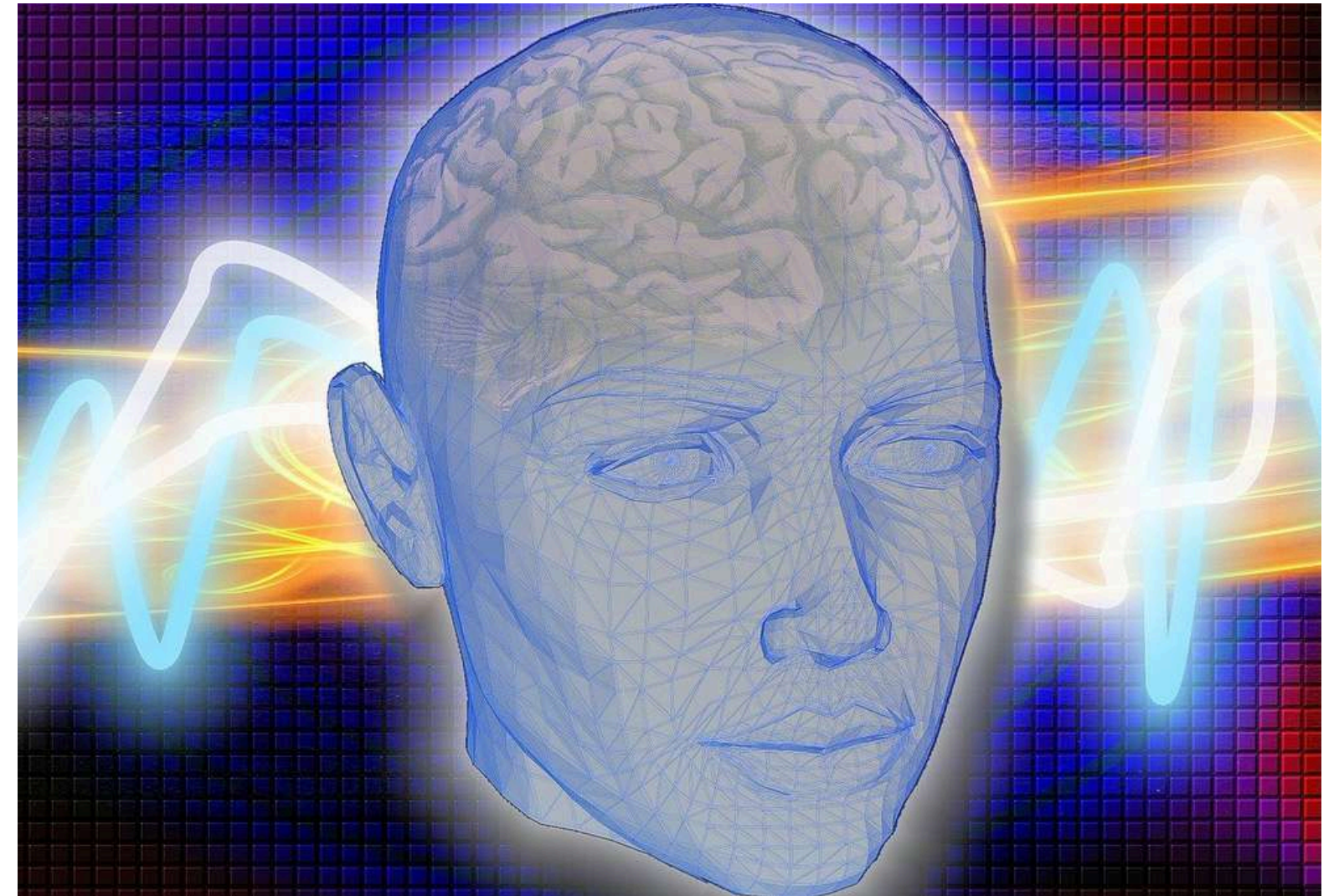
Member ID, First Name, Last Name, DOB, Member Status.

## Incident Details

Member Incident ID, Incident Category, Incident type, Cause of Incident, Actions Taken, Date, Time, Game Section, Incident Status, Comment, Notifier, Creator Name, Creator Type, Was there a sanction, Starter or Replacement, Who recommended the removal, Is there a video of the game.

## Other Details

Incident history, Performed by, Comment, Date created, Request review, File number, Member status (active/inactive, suspended), Notify member yes/no, Notify other relevant parties, Notify parents.



# RUGBY ONTARIO

Rugby Ontario is a leader in Concussion Management with its Blue Card system, which is managed on the SportLoMo platform. Rugby Ontario is one of the largest rugby organizations in Canada. It oversees over 10,000 registered players across various age groups and levels of play and a vast network of clubs and competitions throughout the province.



## INTRODUCING RUGBY ONTARIO 'BLUE CARD' SYSTEM

Rugby Ontario's 'Blue Card' Concussion Program, launched in 2022 with the support of Rugby Canada, is a proactive initiative designed to enhance player safety by addressing concussions on the field.

Coaches or match officials can issue a Blue Card (similar to a red or yellow card) during a game to identify and remove any player suspected of having a concussion. The player is required to leave the field of play immediately and cannot return to play in that match.

The player undergoes a thorough medical evaluation (Head Injury Assessment, HIA) and must obtain written medical clearance, as well as written approval from Rugby Ontario, before being allowed to return to play at a later date.



The Blue Card triggers a structured protocol that meets the requirements of Rowan's Law and the World Rugby 'Return to Play' Protocols.

This Blue Card system has been rolled out at all levels of the game in Ontario.

Read more on Blue Card Protocols and Implementation Procedures on Rugby Ontario website.

[https://sportlomo-userupload.s3.amazonaws.com/uploaded/galleries/13555\\_uploaded/b9a3024fdf077522546118d9824c038f7b56a7ed.pdf](https://sportlomo-userupload.s3.amazonaws.com/uploaded/galleries/13555_uploaded/b9a3024fdf077522546118d9824c038f7b56a7ed.pdf)



## **Additional Concussion Awareness and Prevention Measures taken by Rugby Ontario**

- Mandatory education for players, coaches, and parents, strict guidelines for removing players from play if a concussion is suspected.
- Comprehensive return-to-play guidelines that ensure players are symptom-free and medically cleared before they resume full contact.
- Extensive training and concussion education resources are available for coaches, trainers, and referees.
- Collaboration with Health Professionals, Medical Partnerships and Research.
- Safe Sport programs and initiatives and community outreach efforts i.e. workshops, seminars, and campaigns.



# ROWAN'S LAW AND ZACKERY LYSTEDT LAW

Rowan's Law, enacted by the Ontario government in 2018, is designed to protect athletes, especially youth, from the dangers of concussions. The law is named in memory of Rowan Stringer, a 17-year-old rugby player who tragically passed away in 2013 after experiencing multiple concussions in a short period. Her death underscored the critical need for improved awareness, prevention, and management of concussions in sports.

Similarly, in the United States, Washington State passed the Zackery Lystedt Law in 2009, marking the first legislation of its kind in the country. This law, which has since been adopted in all 50 states, was inspired by Zackery Lystedt, a middle school football player who suffered a life-threatening brain injury in 2006 after returning to play despite having a previous concussion.

In the UK, concussion management protocols have been introduced, particularly in contact sports like rugby and football (soccer). The Sport and Recreation Alliance has developed a comprehensive policy for managing concussions to ensure athlete safety.



## Rowan Stringer

Ottawa high school student Rowan Stringer died at 17 on May 8, 2013 when she was tackled hard during a rugby game, having suffered multiple concussion within the same week without informing parents or coaches. Rowan's Law Day is commemorated each year in Canada and beyond.

## **Zachery Lystedt**

In 2006 Zachery Lystedt, a former middle school football player from the state of Washington, suffered a life-threatening brain injury during his school football game, resulting in a long road to recovery. Lystedt, 13 at the time, was tackled and hit his head hard on the ground. He continued to play, unaware of any injuries. Concern arose when Lystedt started shaking his head with complaints of his head hurting, before collapsing into his fathers arms.

The months following his injury were difficult. Lystedt was in a coma for 31 days, unable to move or speak for 9 months, and had to be fed through a feeding tube for almost 2 years. Zack is making remarkable progress but will have ongoing therapies, and hospital visits for the rest of his life.



**Zachery Lystedt and his father**

*“We, as a National Sports Organization, are extremely proud of the work being done in rugby in Canada around concussion prevention, management and education.”*

**Paul Hunter, Senior Director of Community Rugby and Development for Rugby Canada**



# ONTARIO MINISTRY OF TOURISM, CULTURE AND SPORT



The Ontario Ministry of Tourism, Culture, and Sport (MTCS) is dedicated to supporting and promoting sports, tourism, and cultural activities across the province. It plays a vital role in enhancing the quality of life for Ontarians by encouraging physical activity and sports participation.

The MTCS is also responsible for establishing policies and guidelines that prioritize the safety and well-being of athletes. The Ontario government, through the MTCS, has made significant strides in addressing concussion management in sports through various legislation, policies, and programs.

## RUGBY CANADA

**Rugby Canada is the national governing body for rugby in Canada, it oversees rugby from grassroots levels to elite national teams.**



Rugby Canada is a national leader in concussion prevention, management, and education among the country's National Sports Organizations. All matches under the jurisdiction of Rugby Canada and the Provincial Unions are required to adhere to Rugby Canada's Concussion Guidelines and World Rugby's 'Recognize and Remove' protocols to ensure player safety.



In 2022, with the support of Rugby Canada and the Ontario Dept of Sport, Rugby Ontario introduced the Blue Card Program for concussion management. To support this initiative, Rugby Canada's registration partner, SportLoMo, has expanded and enhanced its incident management module, offering a comprehensive solution to address the critical issue of concussion management for Rugby Canada and other non-rugby sports.

This module is directly connected to the member's record and the registration system, making it accessible at the club, provincial and national levels. As a result, all relevant parties who require access to the player's record can easily obtain it.

Additionally, Rugby Canada collaborates closely with the University of Toronto and the SHRed Concussions team from the University of Calgary, furthering their efforts in concussion research and management.



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