

KICKBOXING ONTARIO

Concussion Management

Kickboxing Ontario is committed to safe sanctioned sport. Monitoring safety is essential for both training at the club level and participating in competition.

Kickboxing is a contact sport and concussion management must be a priority for all stakeholders – coaches, officials, athletes and parents. KO encourages all persons to complete the Level 1 Coaching Course that contains a module on Concussion management.

The following document outlines basic but important information on Identifying Concussions. It is essential that a physician always be consulted if a concussion is suspected for the assessment, treatment and direction for management of a return to training protocol.

What is a Concussion?

Definition - An injury to the brain that results in alteration of normal brain function. The injury can be the result of trauma to the head or body of the individual. There may or may not be a loss of consciousness. The symptoms may occur immediately or gradually. There can be complete or partial recovery.

What are Symptoms of Concussions?

- Headache
- Nausea
- Dizziness
- Balance challenges
- Loss of memory
- General disorientation
- Ringing of the ears
- Fatigue
- Vomiting
- Pressure in the head
- Loss of consciousness