

Detection and Response: When you first see lightning or hear thunder, activate your emergency plan and seek shelter immediately (go to a building or a vehicle.) Lightning often precedes rain, so don't wait for the rain to begin before suspending activities.

Apply the following lightning safety slogan:
'IF YOU SEE IT, FLEE IT; IF YOU HEAR IT; CLEAR IT'.

Resumption of the Activity: Wait a minimum of 30 minutes from the last visual observation of lightning or sound of the thunder before resuming activities.

Injured persons do not carry an electrical charge and can be handled safely. **Call 911** or send for help immediately. Apply first aid procedures if you are qualified to do so.

Appendix 2: Concussion

Concussion Definition

A concussion is:

- is a traumatic brain injury that causes changes in how the brain functions, leading to signs and symptoms that can emerge immediately or in the hours or days after the injury;
- signs and symptoms can be physical (e.g., headache, dizziness), cognitive (e.g., difficulty concentrating or remembering), emotions/behavioural (e.g., depression, irritability) and/or related to sleep (e.g., drowsiness, difficulty falling asleep);
- may be caused by a jarring impact to the head, face, neck or body, with an impulsive force transmitted to the head, that causes the brain to move rapidly and hit the walls of the skull.
- can occur even if there has been no loss of consciousness (in fact most concussions occur without a loss of consciousness; and, cannot normally be seen on X-rays, standard CT scans or MRI's).

Schools should follow the Concussion Management Procedures as per the New Brunswick Safety Guidelines for Secondary Interschool Athletics.

The NBIAA is requiring that coaches complete the free online concussion course "Making Head Way" at www.coach.ca. This course is **mandatory** for all coaches in all NBIAA activities.