

WORLD BAREFOOT COUNCIL

MEETING MINUTES



**WBC Concussion Meeting
On October 2021**

Items and Actions

1. ATTENDEES

Geoff Blaauw
Dean Mundy
Grant Barnett
John O'Neill
Paul Hobbs
Dr Peter

2. CONCUSSION DISCUSSION

GB highlighted the 4 questions to ask a suspected head injury, as per the IWWF recommendations.

- Which competition are you at now?
- What day is it?
- Who was on the water before you?
- What month is it?

If unable to answer any of these questions, a second assessment is needed on the shore.

Dr Peter- It may become confusing as these steps are completed when doing first aid, however the implementation is a little bit different, reason being that in our sport, 95% of the time the concussions are during training etc. not just during an IWWF Sanctioned event, so input as a federation is very limited. A sport where concussions are endemic (such as ice hockey or rugby), most of the incidents are during competitions where there's officials which can assist. Ours are more of an education, in terms of evolution, it is not an easy diagnosis even for a professional. We need to be educated in identification, doctors and professionals need to make a diagnosis.

In reference to Appendix 1:

Appendix 1 is there to educate the athletes and to be signed and mailed back.

Most of the incidents occur with recreational skiers as our competitive athletes have training for this.

Section 9 Return to sport protocol identified as key feature and should be added to Appendix 1.

Appendix 4 Noted as First Aid with an extra test, Dr Peter stated, concussion does not take precedence over airway or spinal injuries.

Memory assessment questions, one of the most common symptoms involved are headaches, amnesia, confusion, disorientation.

Grant- When an athlete is taken to shore and a second test is being completed, is it recommended that the test is completed by someone other than the person that completed the first test?

Dr Peter- Yes, I suppose in a tournament situation there would be the observer on the boat who could assist, the first responder isn't there to diagnose they are there to stabilise. A safety officer or an official is there to simply screen for a concussion.

Grant- Perhaps we make a rule as the IWWF that any secondary test is completed by the Safety Officer.

Paul- Agrees we recommend that the Safety Officer is the second person to conduct the test and make the call for the injured athlete to exit the competition.

Grant- Noted that the form requires a signature of acknowledgement from the athletes prior to competing, how are we going to achieve that when people have already paid membership and signed up, events are happening now.

Dr Peter- Highlighted the importance of Pre-season documents and educating athletes, that way everyone is aware of what is expected.

Grant- Perhaps next year we can put this online so when someone is signing up for their membership, they're digitally signing that.

Dr Peter- Prevention is also vital, ideally, you need to do your job as a first responder, but you are not there to diagnose the person. Any of the coaching course we have around Australia, part of the training should be primary first aid and care, this can be incorporated into it, the on-water procedures can be disseminated to all the coaches as well. Because this is an evolving condition and in appendix 2, a complex flow chart of steps, it highlights procedure for the screening test, first one in the boat and second one on land by the safety officer. The athlete sits out the rest of the competition until they're passed by a medical professional to return to play.

Paul- suggest that we send out appendix 1 to all the members and perhaps have a laminated appendix 4 copy in the boat for the drive to have a reference.

We will be relying on the incident report form, which can be emailed to the federations.

Paul- We could have pack with appendix 1 & appendix 4 and incident forms in the boat.

GB- In principle you have done a great job in convincing us that this is something we need to immediately come forward and address. Each of the presidents need to look at and see how they can introduce that into their own disciplines and how they will be educating the disciplines and clubs.