



Concussion Prevention and Management Protocols

Includes:

- Recognizing Concussion Symptoms
- Removal from Play Protocol
- Return to Play Protocol

Concussion Symptoms

Severe signs of a Concussion include:	The following observable signs may indicate a possible concussion:	A concussion may result in the following symptoms:	Failure to correctly answer any of these memory questions may suggest a concussion:
<ul style="list-style-type: none"> a) Neck pain or tenderness b) Double vision c) Weakness or tingling / burning in arms or legs d) Severe or increasing headache e) Seizure or convulsion f) Loss of consciousness g) Deteriorating conscious state h) Vomiting more than once i) Increasingly restless, agitated, or combative j) Increased confusion 	<ul style="list-style-type: none"> a) Lying motionless on the playing surface b) Slow to get up after a direct or indirect hit to the head c) Disorientation or confusion / inability to respond appropriately to questions d) Blank or vacant look e) Balance or gait difficulties, absence of regular motor coordination, stumbling, slow f) laboured movements g) Facial injury after head trauma 	<ul style="list-style-type: none"> a) Headache or “pressure in head” b) Balance problems or dizziness c) Nausea or vomiting d) Drowsiness, fatigue, or low energy e) Blurred vision f) Sensitivity to light or noise g) More emotional or irritable h) “Don’t feel right” i) Sadness, nervousness, or anxiousness j) Neck pain k) Difficulty remembering or concentrating l) l) Feeling slowed down or in a fog 	<ul style="list-style-type: none"> a) What venue are we at today? b) Where was your last major competition? c) What day is it? d) What event are you participating in?

Removal from Play Protocol

The following outlines a process for immediate removal of an athlete who is suspected of having sustained a concussion.

1. Remove the Athlete

Designated person(s)¹ to immediately remove the athlete from further training, practice or competition if the athlete has sustained a concussion or is suspected of having sustained a concussion regardless of whether the concussion or suspected concussion was sustained from an activity associated with the Chinguacousy Curling Club.

2. Call 9-1-1 if Emergency

Designated person(s) to call 9-1-1 if in their opinion, doing so is necessary (e.g., if there is an emergency and any red flag signs and/or symptoms appear).

3. Inform

If the athlete is under 18 years of age, Designated person(s) to inform the athlete's parent or guardian about the removal from further training, practice or competition.

A medical assessment determines whether the athlete has a concussion. An athlete will not be permitted to return to training, practice or competition until they receive medical clearance by a physician or nurse practitioner to do so.

Designated person(s) to advise the athlete, or the parent or guardian if the athlete is under 18 years of age, that the athlete is required to undergo a medical assessment by a physician or nurse practitioner before the athlete will be permitted to return to training, practice or competition.

4. Give Protocols

Designated person(s) to provide the athlete or, if the athlete is under 18 years of age, the athlete's parent or guardian with the Chinguacousy Curling Club's Removal-from-Sport and Return-to-Sport protocols as soon as possible after the athlete has been removed from further training, practice or competition.

5. Record the Incident

Make and keep a record of incidences where an athlete is removed from further training, practice or competition because they are suspected of having sustained a concussion regardless of whether the athlete is later diagnosed with a concussion.

The Club must limit the collection, use, and disclosure of personal information to that which is reasonably necessary for the purpose of carrying out the Club's protocols,

¹ Designated person(s) are the City of Brampton staff at the Sandra Hames Tennis and Curling Centres

and to limit access to such personal information to only those individuals who require it for the purpose of fulfilling their duties or obligations under the Act. Personal information collected under this protocol shall be retained, disclosed and disposed of in a secure manner and in accordance with the Club's privacy policy. The sport organization shall create a retention policy for personal information.

6. Refunds

The Club's Registrar will freeze the registrant's account and issue a refund as appropriate for any missed sessions in alignment with the Club's Refund Policy.

7. Returning to Training, Practice or Competition

Once removed, the athlete is not permitted to return to training, practice or competition, except in accordance with the Chinguacousy Curling Club's Return-to-Play protocol.

Return to Play Protocol

The following outlines a return-to-sport process for an athlete who has been removed from training, practice or competition due to a suspected or diagnosed concussion, regardless of whether or not the concussion was sustained or is suspected of having been sustained during a sport activity associated with the Chinguacousy Curling Club.

1. Receive Confirmation

Ensure that an athlete who has sustained a concussion or is suspected of having sustained a concussion does not return to training, practice or competition until the athlete or, if the athlete is under 18 years of age, the athlete's parent or guardian provides confirmation to the designated person(s) that the athlete:

- a) Has undergone a medical assessment by a physician or nurse practitioner and has not been diagnosed as having a concussion, and
- b) Has been medically cleared to return to training, practice or competition by the physician or nurse practitioner.

2. If Diagnosed with Having a Concussion

If an athlete has been diagnosed by a physician or nurse practitioner as having a concussion the athlete must proceed through the graduated return-to-sport steps.

3. Graduated Return-to-Play Steps

It is important to note that typical recovery times vary from person to person, and that some individuals may require more time to progress through the graduated return-to-sport steps.

The graduated return-to-sport steps may include the following activities. It is typically recommended that an athlete with concussion rest for 24 to 48 hours before beginning step 1.

	Activities	Goal of Step	Duration
STEP 1: Symptom limiting activities	Daily activities that don't make symptoms worse, such as moving around the home and simple chores	Gradual reintroduction of daily school, and work activities	At least 24 hours

STEP 2: Light aerobic activity	Light activities such as walking or stationary bicycle at slow to medium pace for 10 to 15 minutes	Increase heart rate	At least 24 hours
STEP 3: Sport-specific exercise	Individual physical activity such as running or skating No contact or head impact activities	Add movement	At least 24 hours
STEP 4: Non-contact training, practice drills	Harder training drills Add resistance training (if appropriate)	Exercise, coordination and increased thinking	At least 24 hours
STEP 5: Unrestricted Training & Practice	Unrestricted training and practice with contact where applicable	Restore confidence and assess functional skills	At least 24 hours Obtain clearance from physician or nurse practitioner before unrestricted training, practice or competition
STEP 6: Return-to-Sport	Unrestricted competition		

An athlete is typically ready to progress to the next step when they can do the activities at their current step without new or worsening symptoms. If at any step symptoms get worse, they should stop and return to the previous step before trying again. If symptoms do not improve or if the symptoms continue to worsen, the athlete should return to the physician or nurse practitioner.

4. Share Medical Advice

An athlete, or the athlete's parent or guardian must share the medical advice or recommendations they receive with the designated person(s) before being permitted to return to training, practice, or competition through the graduated return-to-sport steps, if any.

5. Disclosing Diagnosis

The designated person(s) must inform the athlete or, if the athlete is under 18 years of age, the athlete's parent, or guardian of the importance of disclosing the diagnosis to any other sport organization with which the athlete is registered or school that the athlete attends.

6. Medical Clearance

The athlete, or the athlete's parent or guardian must provide the designated person(s) a confirmation of medical clearance by a physician or nurse practitioner before the athlete is permitted to move on to unrestricted training, practice, or competition.

7. Record Progression

The Club must make and keep a record of the athlete's progression through the graduated return-to-sport steps until the athlete, or the athlete's parent or guardian, has provided a confirmation of medical clearance by a physician or nurse practitioner to the designated person(s).

The Club must limit the collection, use, and disclosure of personal information to that which is reasonably necessary for the purpose of carrying out the Club's protocols, and to limit access to such personal information to only those individuals who require it for the purpose of fulfilling their duties or obligations under the Act. Personal information collected under this protocol shall be retained, disclosed, and disposed of in a secure manner and in accordance with the Club's Privacy Policy. The sport organization shall create a retention policy for personal information.