



# Concussion Prevention and Management Policy

In Effect Date: January 1 2022

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## 1. Background

Chinguacousy Curling Club (CCC) is committed to ensuring the safety of members and other registrants. CCC recognizes the increased awareness of concussions and their long-term effects and believes that prevention of concussions is paramount to protecting the health and safety of club members and registrants.

## 2. Purpose

The purpose of this Policy is to comply with *Rowan's Law (Concussion Safety), 2018* and ensure the health and well-being of Club Members covered by the legislation including providing Remove from Play rules and a Return to Play Protocol.

## 3. Application and Scope:

3.1 As prescribed by legislation, this Policy applies to all registrants under 26 years of age and younger.

3.2 This Policy applies exclusively to all activities and events for which CCC is the governing or sanctioning body including, but not limited to, competitions, practices, try-outs, and training camps.

3.3 Everyone has a responsibility to ensure a health and safety culture.

3.4 This Policy should be read with the Concussion Prevention and Management Guidelines

## 4. Intended Outcomes:

This Policy intends to:

4.1 Where possible and to the best of the Club's ability, prevent concussions and reduce the risk of concussions to registrants.

4.2 Increase awareness of concussion safety and protocols to be followed in the event of a suspected concussion.

4.3 Outline the Club's approach to the handling of registrants with suspected concussion, and those diagnosed with a concussion as it relates to removal and Return to Play.

## **5. Policy Statement(s)**

### **5.1. General**

Health and safety are a shared responsibility among all individuals to create a safety culture. Everyone must take steps to ensure their safety and identify concerns with the safety of others to the proper authorities.

### **5.2 Registration**

5.2.1 When a registrant under the age of 26 years old registers with CCC the registrant must provide written or electronic confirmation that they have reviewed concussion awareness resources within the past 12 months.

- a) Where the registrant is under the age of 18 years of age, a parent/guardian must provide written or electronic confirmation that they have received the concussion awareness resources within the past 12 months.

5.2.2 Registrants must also sign the Concussion Code of Conduct

- a) Where the registrant is under the age of 18 years of age, a parent/guardian must provide sign the Code.

5.2.3 Coaches, Officials and Event Coordinators must provide confirmation that they have also reviewed the concussion resources and they must sign the Concussion Code of Conduct; unless they will be interacting exclusively with registrants who are 26 years old or older.

### **5.3 Recognizing Concussions**

5.3.1 Members, Registrants, Coaches, Officials and Coordinators should be aware of the severe, observable signs of a concussion and their potentials symptoms and respond to the Removal from Play and Return to Play rules and the Return to Play Protocol outlined in accompanying guidelines.

### **5.4 Risk Reduction and Prevention**

5.4.1 The CCC mandates the use protective head gear for the Club's youth program, under the age of 12. It is the parent(s) or guardian(s) responsibility to ensure the helmet is secured properly prior to entering the arena.

### **5.5 Liability**

The CCC shall not be liable for any registrant or other individual's use or interpretation of this Policy. Further, none of CCC's members, directors, officers, volunteers, agents,

representatives, and other individuals involved in any way in the administration of this Policy shall be liable to any other individual in any way, in relation to any lawful acts or omissions committed in the honest application, administration, and/or enforcement of this Policy.

## **6. Monitoring and Compliance:**

### **6.1 General**

If any provisions of this Policy f *Rowan's Law (Concussion Safety), 2018*, the legislation takes precedent

### **6.2 Removal from Play**

In the event of a Suspected Concussion (regardless of whether the concussion or suspected concussion was obtained while curling or during the activity or event) where there are **observable signs of a concussion, symptoms of a concussion**, or a failure to correctly answer **memory questions**, the registrant must be immediately removed from training, practice, or competition by the Designated Person and entered into the Protocol.

Information on these is available in the Concussion Prevention and Management Protocols.

### **6.3 Return to Play**

6.3.1 The participant who has been removed from play, cannot return to training, practice, or competition until the participant, or if the participant is under 18 years of age, the participant's parent or guardian provides confirmation to the Club Coordinator that they have been cleared to play.

6.3.2 If the registrant has been diagnosed with having a concussion, they must proceed through the graduated return-to-play steps outlined in the Concussion Prevention and Management Guidelines.

6.3.3 The Club must keep records in accordance with the Concussion Prevention and Management Protocols and related Club policies.

### **6.4 Refunds**

Refunds will be given in accordance with the Club's refund policy.

## **7. Definitions:**

In this Policy:

- 7.1 “Concussion” a clinical diagnosis that can only be made by a qualified and licensed physician.
- 7.2 “Designated Person” is a person on site who should be made aware of the suspected concussion. Typically, as per facility protocol, this is a member of City Staff.
- 7.3 “Member” means a membership in the Chinguacousy Curling Club as defined by the Club’s Membership Policy.
- 7.4 “Program/League Coordinator” refers to League or Youth coordinator, or designate
- 7.5 “Registrant” means any person who submits their information to the Club for the purposes of registration for a program or service offered by the Club.
- 7.6 “Suspected Concussion” – means the recognition that a person appears to have either experienced an injury or impact that may result in a concussion or who is exhibiting unusual behaviour that may be the result of concussion.
- 7.7 “Sport-Related Concussion (“SRC”) – A sport-related concussion is a traumatic brain injury induced by biomechanical forces. Several common features that may be used to define the nature of a SRC may include:
- i. Caused either by a direct blow to the head, face, neck or elsewhere on the body with an impulsive force transmitted to the head.
  - ii. Typically results in the rapid onset of short-lived impairment of neurological function that resolves spontaneously. However, in some cases, signs and symptoms evolve over several minutes to hours.
  - iii. May result in neuropathological changes, but the acute clinical signs and symptoms largely reflect a functional disturbance rather than a structural injury and, as such, no abnormality may be visibly apparent
  - iv. Results in a range of clinical signs and symptoms that may or may not involve loss of consciousness. Resolution of the clinical and cognitive features typically follows a sequential course. However, in some cases symptoms may be prolonged.

**Related Documents:**

- Concussion Prevention and Management Protocols
  - Recognizing Concussion Symptoms
  - Removal from Play Protocol
  - Return to Play Protocol

**Revision History:**

Date	Description
01/24/2022	New – Approved by Board motion
04/24/2022	Next Scheduled Review as per Board motion, for the first time three months from approval date. <b>Deferred</b>
10/03/2022	Amended ss. 5.4.1 to include statement on parental enforcement

