



## Concussion Removal and Return to Sport Protocol

**Under the Removal-from-Sport protocol for sporting activities within the North Bay Curling and Athletic Corporation (collectively the “Organization”) the designated person(s) is/are responsible for ensuring that:**

- A participant is immediately removed from training, practice, or competition if the participant has sustained a concussion or is suspected of having sustained a concussion, regardless of whether or not the concussion was sustained from a sport activity associated with the Organization;
- If in the opinion of the designated person(s), there is an emergency and/or any red flag signs and/or symptoms appear – including those resulting from a suspected concussion, call 911;
- Removal of the participant from further training, practice, or competition; and if the participant is under 18 years of age, the parent or guardian is informed of the removal;
- The participant does not drive themselves home after the event, and if needed, an alternate ride is arranged for them;
- The participant, or the parent or guardian, if the participant is under 18 years of age, is advised that the participant is required to undergo a medical assessment by a physician or nurse practitioner before the participant will be permitted to return to training, practice, or competition according to the Return-to-Sport protocol for the Organization;
- A participant or if the participant is under 18 years of age, the participant’s parent, or guardian, receives the Removal-from-Sport and Return-to-Sport protocols for the Organization as soon as possible after the participant’s removal;
- Once removed, the participant is not permitted to return to training, practice, or competition, except in accordance with the Organization Return-to-Sport protocol.

**Under the Return-to-Sport protocol for the Organization, the designated person(s) is/are responsible for ensuring that:**

- A participant who has sustained a concussion or is suspected of having sustained a concussion does not return to training, practice, or competition until permitted to do so in accordance with the Organization’s Return-to-Sport protocol;
- When a participant has **not** been diagnosed with a concussion, the participant is only permitted to return to training, practice, or competition if the participant or, if the participant is under 18 years of age, the



participant’s parent or guardian, provides confirmation to the designated person(s) about the outcome of the participant’s medical assessment, specifically that the participant:

- has undergone a medical assessment by the physician or nurse practitioner and has **not** been diagnosed as having a concussion, and
- has been medically cleared to return to training, practice or competition by a physician or nurse practitioner;
- When a participant **is** diagnosed by a physician or nurse practitioner as having a concussion, the participant is not permitted to move on to unrestricted training, practice, or competition unless the participant or, if the participant is under 18 years of age, the participant’s parent or guardian, provides a confirmation of medical clearance by the physician or nurse practitioner to the designated person(s);
- A participant is not permitted to return to training, practice or competition through the Organization’s graduated Return-to-Sport steps unless the participant or, if the participant is under 18 years of age, the participant’s parent or guardian, has shared the medical advice or recommendations they received, if any, with the designated person(s);
- When a participant is diagnosed by a physician or nurse practitioner as having a concussion, the participant or, if the participant is under 18 years of age, the participant’s parent or guardian, has been informed of the importance of disclosing the diagnosis to any other sport organization with which the participant is registered or school that the participant attends.

The regulation states that a designated person(s) may rely on the information received from a participant or, if the participant is under 18 years of age, from the participant’s parent or guardian, in carrying out their responsibilities under the Organization’s Return-to-Sport protocol.

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The following individual(s) is/are recognized by the Organization as the “designated person(s)” with respect to Removal-from-Sport and Return-to-Sport protocols for the Organization:

Name of Designated person(s):                   Stacey Dobbin, Laura McKenzie, Fransua Rachmann  
Date:    May 1, 2021  
Term of designation:                                May 1 until September 30, 2021



## Removal-from-Sport Protocol

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

### 1. Remove the Participant

Designated person(s) to immediately remove the participant from further training, practice, or competition if the participant 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 Organization.

### 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). If no emergency, the Designated Person(s) to ensure the participant does not drive themselves home, and if required, arranges an alternate ride for them.

### 3. Inform

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

A medical assessment determines whether the participant has a concussion. A participant 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 participant, or the parent or guardian if the participant is under 18 years of age, that the participant is required to undergo a medical assessment by a physician or nurse practitioner before the participant will be permitted to return to training, practice, or competition.

### 4. Give Protocols

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

### 5. Record the Incident

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

The sport organization must limit the collection, use, and disclosure of personal information to that which is reasonably necessary for the purpose of carrying out the sport organization'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 Rowan's Law (Concussion Safety), 2018, S.O. 2018, c. 1 - Bill 193. Personal information collected under this protocol shall be retained, disclosed and disposed of in a secure manner and in accordance with the sport organization's personal information retention policy. The sport organization shall create a



## 6. Returning to Training, Practice or Competition

Once removed, the participant is not permitted to return to training, practice, or competition, except in accordance with the Organization's Return-to-Sport protocol.

### Return-to-Sport Protocol

**The following outlines a return-to-sport process for a participant 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 Organization.**

#### 1. Receive Confirmation

Ensure that a participant who has sustained a concussion or is suspected of having sustained a concussion does not 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 designated person(s) that the participant:

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

### The Return-to-School Plan (Learning and Physical Activity)

Students in elementary and secondary school with a diagnosed concussion must follow their school board's return-to-school plan, which supports a student's gradual return to learning and return to physical activity. Contact the applicable school for more information.

#### 3. Graduated Return-to-Sport 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. See Page 3 Table 1: Graduated Return-to-Sports Steps.

It is typically recommended that a participant with a concussion rest for 24 to 48 hours before beginning step 1.

A participant is typically ready to progress to the next step when they can do the activities as outlined in the current step they are at 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 participant should return to the physician or nurse practitioner.



**4. Share Medical Advice**

A participant, or the participant’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 participant or, if the participant is under 18 years of age, the participant’s parent or guardian, of the importance of disclosing the diagnosis to any other sport organization with which the participant is registered, workplace/employer or school that the participant attends.

**6. Medical Clearance**

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

**7. Record Progression**

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

The sport organization must limit the collection, use, and disclosure of personal information to that which is reasonably necessary for the purpose of carrying out the sport organization’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 Rowan's Law (Concussion Safety), 2018, S.O. 2018, c. 1 - Bill 193. Personal information collected under this protocol shall be retained, disclosed, and disposed of in a secure manner and in accordance with the sport organization’s personal information retention policy. The sport organization shall create a retention policy for personal information.

**Table 1: Graduated Return-to-Sports Steps.**

	<b>Activities</b>	<b>Goal of Step</b>	<b>Duration</b>
<b>STEP 1:</b> 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
<b>STEP 2:</b> 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
<b>STEP 3:</b> Sport-specific exercise	Individual physical activity such as running or skating  No contact or head impact activities	Add movement	At least 24 hours



<b>STEP 4:</b> Non-contact training, practice drills	Harder training drills  Add resistance training (if appropriate)	Exercise, coordination, and increased thinking	At least 24 hours
<b>STEP 5:</b> 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
<b>STEP 6:</b> Return-to-Sport	Unrestricted competition, training, and practice		



**Revision Log**

Version	Date	Changes
0	March 17, 2021	Initial document.

**Approval**

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Signature: Natasha Gibson

Position: \_\_\_\_\_

Date: **March 17, 2021**

Name: **Mackenzie Daley**

Signature: MDaley

Position: **Secretary**