



Implementation Date: September 2024

Revision Date: n/a

Policy Statement

Cochrane FSC is focused on ensuring the wellbeing and safety of all skaters, coaches, officials, volunteers, staff, and all other participants. recognizes the potential severity of a head injury and the commitment and intent behind research to manage concussions. CFSC is committed to educating those involved with CFSC creating awareness to help prevent injuries and appropriately managing any suspected concussions and diagnosed concussions.

Application - *This policy applies to:*

- ★ All skaters, officials and coaches
- ★ All participants that includes:
 - Individuals
 - Parents/guardians
 - Persons who interact with skaters, all defined as skater support personnel, including but not limited to team leaders, referees, medical/licensed healthcare professionals, paramedical or any other person working with, treating or assisting a skater or other individual
 - Persons employed by or engaged in activities, competitions, and programs with and/or hosted by CFSC including but not limited to, directors of the Board, officers, employees and event volunteers of CFSC
 - Spectators

This policy is to be read in conjunction with the Skate Canada Incidents of Injury Reporting and Management Policy and supporting procedure, the CFSC Removal-from-Sport Protocol and the CFSC Return-to-Sport Protocol

Definitions

Concussion:

- is a brain injury that causes changes in how the brain functions, leading to symptoms that can be physical (e.g. headache, dizziness), cognitive (e.g. difficulty concentrating or remembering), emotional/behavioral (e.g. depression, irritability) and/or related to sleep (e.g. drowsiness, difficulty falling asleep)
- may be caused either by a direct blow to the head, face or neck, or a blow to the body that transmits a force to the head that causes the brain to move rapidly within the skull
- can occur even if there has been no loss of consciousness
- cannot normally be seen on X-rays, standard CT scans or MRIs
- can result in symptoms that are evident immediately or may evolve and persist over the course of hours, days or even months.

Designated Person:

At each CFSC event, activity, or program with CFSC staff or those acting as agents of CFSC will name a “designated person” who will have the following responsibilities:



In accordance with Rowan's Law, under the Removal-from-Sport Protocol for CFSC the designated person(s) is/are responsible for ensuring that:

- A skater is immediately removed from further training, practice or competition if the skater 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 CFSC
- 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 skater from further training, practice or competition; and if the skater is under 18 years of age, the parent or guardian is informed of the removal;
- The skater, or the parent or guardian if the skater is under 18 years of age, is advised that the skater is required to undergo a medical assessment by a physician or nurse practitioner before the skater will be permitted to return to training, practice or competition according to the Return-to-Sport Protocol
- A skater or, if the skater is under 18 years of age, the skater's parent or guardian receives the Removal-from-Sport and Return-to-Sport Protocols for CFSC as soon as possible after the skater's removal
- Once removed, the skater is not permitted to return to training, practice or competition, except in accordance with the Return-to-Sport Protocol;

In accordance with Rowan's Law, under the Return-to-Sport Protocol for CFSC the designated person(s) is/are responsible for ensuring that:

- A skater 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 Return-to-Sport Protocol
- When a skater has not been diagnosed with a concussion, the skater is only permitted to return to training, practice, or competition if the skater or, if the skater is under 18 years of age, the skater's parent or guardian provides confirmation to the designated person(s) about the outcome of the skater's medical assessment, specifically that the skater:
 - 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 skater is diagnosed by a physician or nurse practitioner as having a concussion, the skater is not permitted to move on to unrestricted training, practice or competition unless the skater or, if the skater is under 18 years of age, the skater's parent or guardian provides a confirmation of medical clearance by the physician or nurse practitioner to the designated person(s)
- A skater is not permitted to return to training, practice or competition through the graduated Return-to-Sport steps unless the skater or, if the skater is under 18 years of age, the skater's parent or guardian has shared the medical advice or recommendations they received, if any, with the designated person(s)
- When a skater is diagnosed by a physician or nurse practitioner as having a concussion, the skater or, if the skater is under 18 years of age, the skater's parent/guardian has been informed of the importance of disclosing the diagnosis to any other sport organization with which the skater is registered or school that the skater attends

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

Accountabilities - *All individuals and participants are responsible for:*



- Being familiar with and understanding the provisions of this policy, the Removal-from-Sport protocol, Return-to-Sport protocol, as well as other applicable CFSC Skate Ontario and Skate Canada policies and protocols
- Supporting CFSC vision of providing the safest possible environment for all of our participants in the skating community
- Reporting all incidents of concussion, suspected and/or actual as outlined in the Skate Canada Incidents of Injury Reporting and Management Policy and supporting procedure
- Adhering to this policy and associated protocols as a minimum standard in addressing concussion injuries and the Return-to-Sport requirements
- Taking all applicable concussion and education training, as prescribed from time to time

Through this policy, CFSC is committed to the following actions regarding concussions:

1. Increasing awareness regarding what concussions are and the potential for serious complications.
2. Enforcing procedures and training that promote preventative actions to help reduce the number of concussions.
3. Providing procedures that support staff, its agents, volunteers and skaters in ensuring quick recognition and removal of any individual with a suspected concussion from CFSC activities.
4. Ensuring that following a suspected concussion there are clear steps for both the individual and CFSC to follow before a Return-to-Sport occurs to ensure the focus is on the individual's long-term health.

This policy has been written to ensure compliance with Rowan's Law and to complement the CFSC Removal-from-Sport Protocol, CFSC Return-to-Sport Protocol, the CFSC Codes of Conduct, the CFSC Rowan's Law acknowledgment forms, and resources made available on the CFSC website:

www.cochranefigureskatingclub.com

Return to Sport Protocol

Cochrane Figure Skating Club has implemented this Return to Sport Protocol to comply with the minimum requirements for return-to-sport protocols for skaters who have sustained a concussion or are suspected of having sustained a concussion during training, practices or competition in accordance with Rowan's Law and the regulation made under that Act. This Return to Sport Protocol is consistent with Skate Ontario and Skate Canada's protocol and policy.

Application – *These protocols will be enforced at all CFSC events, activities and programs.*

This policy applies to:

- All skaters, officials, coaches, clubs and skating schools
- All participants that include:
 - o Individuals
 - o Parents/guardians
 - o Persons who interact with skaters, all defined as skater support personnel, including but not limited to team leaders, referees, medical/licensed healthcare professionals, paramedical or any other person working with, treating or assisting a skater or other individual
 - o Persons employed by or engaged in activities, competitions, and programs with and/or hosted by CFSC including but not limited to, directors of the Board, officers, employees and event volunteers of CFSC
 - o Spectators

Everyone involved in sports, including athletes, parents or guardians, coaches, team managers,



officials, teachers and licensed health-care professionals, can play a role in helping to prevent, identify and manage concussions. For more information on concussions and concussions in sport, please visit www.Ontario.ca/concussions.

Definitions

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- can occur even if there has been no loss of consciousness
- cannot normally be seen on X-rays, standard CT scans or MRIs
- can result in symptoms that are evident immediately or may evolve and persist over the course of hours, days or even months.

Designated Person:

At each event, activity, or program, CFSC will name a “designated person” who will have specific responsibilities: as detailed in the document titled *Combined Removal from Sport / Return to Sport Protocols*.

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

Concussion Name of Designated Person (s) Form:

Name	Date	Term

Removal from Sport Protocol

This protocol outlines a process for immediate removal of a skater who is suspected of having sustained a concussion. Please see the accompanying document: *Combined Removal from Sport / Return to Sport Protocols* for further detailed information and required steps.

Athletes and Parents/Guardians Template

Athletes under 26 and parents of athletes under 18 years of age must confirm that they have



reviewed the [Government of Ontario Concussion Awareness Resources](#) And CFSC’s Concussion Code of Conduct for Athletes and Parents/Guardians prior to registration and/or on the first day of skating.

Government of Ontario Concussion Awareness Resources

Booklets:

- [Ages 10 and Under](#)
- [Ages 11-14](#)
- [Ages 15 and Up](#)
- [A Guide for Students & Athletes of All Abilities](#)
- [A Supplementary Resource to the Guide for Students & Athletes of All Abilities](#)

Videos:

- [Described video: Concussion Awareness Resource Video for Ages 10 and Under](#)
- [Transcript: Concussion Awareness Resource Video for Ages 10 and Under](#)
- [Described video: Concussion Awareness Resource Video for Ages 11-14](#)
- [Transcript: Concussion Awareness Resource Video for Ages 11- 14](#)
- [Described video: Concussion Awareness Resource Video for Ages 15 and Up](#)
- [Transcript: Concussion Awareness Resource Video for Ages 15 and Up](#)

E-Module:

This [interactive learning e-module](#) will help you learn more about concussions so you can keep yourself and others active and safe – whether you’re an athlete, student, parent, coach, official or educator.

By signing here (or through electronic signature in Uplifter), I acknowledge that I have fully reviewed and commit to the following requirements:

- One of the Government of Ontario’s Concussion Awareness Resources
- The CFSC Concussion Code of Conduct for Athletes & Parents/Guardians (for athletes under 18 years of age).

Athlete: _____

Parent/Guardian (of athletes who are under 18 years of age): _____

Date: _____

The signed Acknowledgement Sheet is to be collected and kept at the club or skating school level in the event of an audit by the Government of Ontario