



REMOVAL FROM SPORT & 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.

Scope: *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:
 - 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 Cochrane Figure Skating Club including but not limited to, directors of the Board, officers, employees and event volunteers of CFSC
 - 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

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 event, activity, or program, 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

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

Name of Designated person(s):

Isabelle Denault, Theresa Phillips, Kim Belisle, Summer Gagnon

Date: August 20, 2024

Term of designation: August 2024 to May 2025



REMOVAL FROM SPORT PROTOCOL

The following outlines a process for immediate removal of a skater who is suspected of having sustained a concussion:

1. Remove the Skater

a. Designated person(s) to immediately remove the skater from further training, practice or competition if the skater 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 CFSC.

2. Call 9-1-1 if Emergency

a. 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

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

A medical assessment determines whether the skater has a concussion. A skater 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.

b. Designated person(s) to advise the skater, or the parent or guardian if the skater is under 18 years of age, 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.

4. Give Protocols

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

5. Record the Incident

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

b. The incident must be reported to Skate Canada, and copied to Skate Ontario, in accordance with the Skate Canada Incidents of Injury Reporting and Management Policy and supporting procedure. This information will be kept on file by Skate Ontario in accordance with the Skate Ontario Records Retention Policy.

6. Returning to Training, Practice or Competition

a. Once removed, the skater is not permitted to return to training, practice or competition, except in accordance with the CFSC Return-to-Sport Protocol.

RETURN TO SPORT PROTOCOL

The following outlines a return-to-sport process for an individual 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 CFSC.

1. Receive Confirmation



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

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

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.

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	Running or skating drills. No head impact activities. Off-ice warm-up: • sub-maximal with agility exercises. On-Ice intervals: • stroking, then turns (no twizzles) • 5 x 3 minutes program parts without jumps or spins at 60-70% max heart rate (around 140), and rest until back to 50-55% max HR (around 80-100) Off-ice training (gym): • under 80% of 1 maximal repetition (MR) • No jumps, avoid exercises with head below hips • Core, proprioception, stabilization & flexibility exercises	Add movement No jumps, no spinning. Try to plan an ice session with fewer skaters on the ice.	At least 24 hours
STEP 4: Non-contact training, practice drills	Warm up: • Off-ice double jumps without symptoms (start with 5-10 reps) • Agility with intervals, 8 x 30 sec. On-Ice training:	Exercise, coordination, and increased thinking Avoid repetitive falls. Avoid sessions with a lot of skaters.	At least 24 hours



	<ul style="list-style-type: none"> • Full programs with single jumps; no spins; 80-90% max HR (165-180) <ul style="list-style-type: none"> ○ Rest until back to 50-55% max HR (around 80-100) ○ Single and double jumps outside programs ○ No spins If tolerated: <ul style="list-style-type: none"> • Complete programs with single and double jumps, but no spins <ul style="list-style-type: none"> ○ Mastered triple jumps outside programs ○ No spins If tolerated: <ul style="list-style-type: none"> • Add more difficult triple jumps • No spins 		
<p>STEP 5: Unrestricted Training & Practice</p>	<p>Unrestricted training and practice- with contact where applicable</p> <p>Following medical clearance Warm-up Same as previous to injury On-ice training:</p> <ul style="list-style-type: none"> • Complete/full programs with all jumps but no spins <ul style="list-style-type: none"> ○ Spins outside programs <p>If tolerated:</p> <ul style="list-style-type: none"> • Progress to full programs <p>Off-ice training (gym):</p> <ul style="list-style-type: none"> • Pre-injury strength & conditioning • Limit jumping depending on how much was done on ice 	<p>Restore confidence and assess functional skills</p>	<p>At least 24 hours</p> <p>Obtain clearance from physician or nurse practitioner before unrestricted training, practice or competition</p>
<p>STEP 6: Return-to-Sport</p>	<p>Unrestricted competition. Normal training; no restrictions</p>		

An individual 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 individual, or the individual’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 individual or, if the individual is under 18 years of age, the individual's parent or guardian of the importance of disclosing the diagnosis to any other sport organization with which the individual is registered or school that the individual attends.

6. Medical Clearance

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

7. Record Progression

The club must make and keep a record of the individual's progression through the graduated return-to-sport steps until the individual, or the individual'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 Act. 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.