



Policy Name:	SNRC Concussion Management Policy & Procedures
Policy Owner:	Vice President Rowing
Date: Policy Version Number:	December, 2019 1.0

Policy Description

Concussion Management Policy and Procedures

1. A concussion is a serious event, but you can recover fully from such an injury if the brain is given enough time to rest and recuperate. Returning to normal activities, including sport participation, is a stage-wise process that requires patience, attention, and caution. Remember that each stage of the return procedure must take a minimum of one day but could last longer, depending on the athlete and their specific situation.

Concussions - Removal from Sport

2. We are concerned about the long-term health of all our participants. We have instituted a Concussion Management Policy to help protect their health and in compliance with Ontario's Rowan's Law. The policy is that if any individual suffers any kind of injury where there is potential for there to have been direct or indirect force to the head, neck, face, or upper body and is experiencing or demonstrating any concussion related signs or symptoms, the individual will be removed from activity immediately. The designated person to make this decision will be the coach and/or regatta host. In the case of a suspected concussion, the individual may not be in a condition to assess themselves or make appropriate decisions. The decision will be made erring on the side of caution in support of the long-term health of the participant. For individuals under age 18, all suspected concussions or situations that occurred that potentially could result in a concussion will be reported to their parent/guardian. The parent/guardian should monitor the individual for delayed signs and symptoms for the next 72 hours. All individuals of any age with a suspected concussion should see to a medical doctor (or nurse practitioner) for medical assessment and diagnosis.

Concussions - Return to Sport

3. If you are diagnosed with a concussion, follow the stages to return under medical guidance:

STAGE 1: Symptom limited activity

Goal: A gradual reintroduction of activity

After an initial short period of rest of 24-48 hours, light cognitive and physical activity can be initiated as long as they don't worsen symptoms. A physician, preferably one with experience managing concussions, should be consulted before beginning the staged process to return.

STAGE 2: Light aerobic exercise

Goal: Increased heart rate

Activities such as walking or stationary cycling. The athlete should be supervised by someone who can help monitor for symptoms and signs. No resistance training or weight lifting. The duration and intensity of the aerobic exercise can be gradually increased over time if no symptoms or signs return during the exercise or the next day. Symptoms? Return to previous stage and only engage in activities as tolerated. If symptoms persist consult a physician. No symptoms? Proceed to Stage 3 after 24 hours.

STAGE 3: Sport specific activities

Goal: Add movement

Activities such as light running or gentle body weight resistance exercises can begin at stage 3. There should be no body contact or other jarring motions such as high speed stops or hitting a baseball with a bat. Symptoms? Return to previous stage and only engage in activities as tolerated. If symptoms



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persist consult a physician. No symptoms? Proceed to Stage 4 after 24 hours.

STAGE 4: Begin Drills without body contact

Goal: Exercise, coordination, and increased thinking

Activities such as indoor rowing and resistance training can be added to activities from previous stages. Symptoms? Return to previous stage and only engage in activities as tolerated. If symptoms persist consult a physician. No symptoms? The time needed to progress will vary with the severity of the concussion and with the athlete. Proceed to Step 5 only after medical clearance.

STAGE 5: On water practice, once cleared by a doctor

Goal: Restore confidence and assess functional skills by coaching staff Coaches and instructors will allow return to the water in gradually challenging conditions. Symptoms? Return to previous stage and only engage in activities as tolerated. If symptoms persist consult a physician. No symptoms? Proceed to Step 6 after minimum of two on water situations without symptoms.

STAGE 6: Competition

Return to sport with normal activities

Concussions - Code of Conduct Declarations

4. All coaches, umpires, regatta officials, athletes and participants will be required to sign a declaration that they will agree to follow the SNRC Concussion Management Policy & Procedures. The Concussion Code of Conduct declarations are provided on the following pages.



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Concussion Code of Conduct Declaration: Coaches, Umpires, and Regatta Officials

In recognition of the potential seriousness of a concussion, I _____,
commit to following the concussion related procedures and expectations as highlighted below.

- Annually review concussion education and resource materials that are provided.
- Participate in any mandated concussion related training.
- Sign off on adherence to this concussion code of conduct annually.
- Support a zero tolerance for behaviours that are associated for high risk of causing concussions.
- Respond appropriately with SNRC's Removal from Sport and Return to Sport policies if an individual reveals that they are experiencing concussion related symptoms or if I suspect any individual has sustained a concussion.
- Respect the roles and responsibilities of all coaches, umpires and regattas officials in the Removal from Sport policy.
- Work with participants and athletes in the best interest of their long term health to the best of my ability
- Maintain an open dialogue with all athletes and participants (and parents/guardians in the cases of minors) about their health and any signs and symptoms of concussion they may experience.
- Complete incident reports and athlete disclosure forms in a timely manner and ensure they are submitted to my organization and in competition, the organization hosting the event.

Signature

Date



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Concussion Code of Conduct Declaration: Athletes/Participants

In recognition of the potential seriousness of a concussion, I, _____, commit to following the concussion related procedures and expectations as highlighted below.

- Annually review concussion education and resource materials that were provided.
- Sign off on adherence to this concussion code of conduct annually.
- Support a zero tolerance for behaviours that are associated for high risk of causing concussions.
- Be open, honest and forthcoming in regards to any situation I have been involved in, within rowing or outside of rowing, where a concussion has been suspected or confirmed.
- Be open, honest and forthcoming in regards to any signs and symptoms related to a concussion that I may be experiencing.
- Report to our coach/instructor, or other appropriate official, if another individual reveals that they are experiencing concussion related symptoms or if I suspect any other individual has sustained a concussion.
- Respect the responsibilities of coaches and umpires re: Removal from Sport policy.
- Should I sustain a concussion, in rowing or other activities, I agree to follow the Return to Rowing policy laid out by SNRC in conjunction with advice from my medical professionals.

Signature

Date

For Individuals Under Age 18: Parent/Guardian Acknowledgement

I, _____, as a parent/guardian of the above-named participant, have read and understand SNRC's Concussion Code of Conduct and agree to ensure my child follows the above code and to actively support my child through appropriate concussion protocols if the situation does arise.

Signature

Date

Reference Documents

Approved By:

K. Fuller