

Speed River Cycling Club

CONCUSSION POLICY

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1.0 DEFINITIONS

1.1 The following terms have these meanings in this Policy:

1.1.1 "Individual" - All categories of membership defined in the Organization's Bylaws as well as all persons engaged in activities with the Organization including, but not limited to, volunteers, committee members, and Directors and Officers of the Organization.

1.1.2 "Organization" – refers to: Speed River Cycling Club

1.1.3 "Participant" – Coaches, athletes, volunteers, officials and other Members

2.0 PURPOSE

2.1 The Organization is committed to ensuring the safety of those participating in the sport of cycling. The Organization 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 Participants.

2.2 This Policy provides guidance in identifying common signs and symptoms of concussion, protocol to be followed in the event of a possible concussion, and return to participation guidelines should a concussion be suspected. Awareness of the signs and symptoms of concussion and knowledge of how to properly manage a concussion is critical to recovery and helping to ensure the individual is not returning to physical activities too soon, risking further complication.

2.3 A concussion is a clinical diagnosis that can only be made by a physician.

3.0 PROCEDURE

3.1 During all Organization-related events, competitions, and practices, Participants will use their best efforts to:

3.1.1 Be aware of incidents that may cause a concussion, such as:

- a) Falls
- b) Accidents
- c) Collisions

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- d) Head trauma – (blow to the head, face or neck, or a blow to the body that transmits a force to the head)
- 3.1.2 Recognize and understand the symptoms that may result from a concussion. These may appear immediately after the injury or within hours or days of the injury and may be different for everyone. Some common signs and symptoms include, but are not limited to:
 - a) Nausea
 - b) Poor concentration
 - c) Amnesia
 - d) Fatigue
 - e) Sensitivity to light or noise
 - f) Irritability
 - g) Poor appetite
 - h) Decreased memory
 - i) Poor balance
 - j) Slowed reaction time
- 3.1.3 Identify injured Participants or other individuals who have been involved in any of the above incidents and/or exhibit any of the above symptoms.

4.0 RIDE LEADER RESPONSIBILITIES

- 4.1 If a Participant has been identified as having a suspected concussion, the Ride Leader of that activity will notify all affected parties of the suspected concussion, including the Participant, a member of the Board of Directors, and the Ride Coordinator. A member of the Board of Directors will then contact a Parent/Guardian or emergency contact, if required.
 - 4.1.1 If the Participant is unconscious – call 911, initiate Emergency Action Plan, and then:
 - a) Stay with the Participant until Emergency Medical Services arrives
 - b) Monitor any physical, emotional and/or cognitive changes
 - 4.1.2 If the Participant is conscious – remove the Participant from the activity immediately and then:
 - a) Arrange a ride home for the Participant
 - b) Isolate the Participant in as dark an area as possible
 - c) Reduce external stimulus (noise, other people, etc.), as much as possible
 - d) Remain with the Participant until he or she can be taken home
 - e) Monitor any physical, emotional and/or cognitive changes
 - f) Encourage the Participant to consult a physician

5.0 RETURN TO PARTICIPATION

- 5.1 A Participant with a suspected concussion, even if the Participant was not unconscious, should not be permitted to return to participation until the Participant has consulted a physician.

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6.0 NON-COMPLIANCE

- 6.1 Failure to abide by any of the guidelines and/or protocols contained within this policy may result in disciplinary action in accordance with the Organization's Discipline and Complaints Policy.

REVISION HISTORY

The revisions to this document shall be recorded below.

<u>Rev. No.</u>	<u>Date</u>	<u>By</u>	<u>Changes</u>
0	Mar. 30, 2019	S.Head	New policy enacted by Board to comply with 2019 OCA affiliation requirements.