



Policy Statement

Rowan's Law Craigleith Ski Club, Concussion Safety Policy

Section Alpine Programs

Number 6-13

Approval General Manager – Sept 2019

Background Bill 193, Rowan's Law (Concussion Safety) 2018, imposes various requirements on sports organizations in Ontario, to ensure greater awareness of concussion risks and necessary protocols among sports participants, parents, guardians, teachers, coaches and operators.

Policy:

This policy has been put in place to communicate Craigleith Ski Club's expectations and guidelines since the health and well-being of our program participants/athletes is of our paramount concern. Craigleith Ski Club will observe Rowan's Law relating to concussion safety through various steps set out in this Policy. This law requires that the parent/guardian of a child under the age of 18 will review Craigleith's concussion policy. As of October 2019, our program registration process requires each participant (or guardian) to confirm that they have reviewed the concussion awareness resources approved by the Minister of Tourism, Culture and Sport. The training of our coaches, instructors and ski patrol include concussion safety information and each person is required to confirm they have reviewed the approved government resource material. This policy provides some general information on concussion awareness as well as the forms Craigleith will use in the event of a head injury and the medical assessment letter required to support a "return to sport" protocol.

Concussion Awareness:

A concussion is a serious injury. It is a brain injury that changes the way the brain functions and can lead to symptoms that can be physical, e.g. head ache and/or dizziness, cognitive, e.g. difficulty in concentrating or remembering, emotional/behavioral, e.g. depressions and irritability or related to sleep, e.g. drowsiness and/or difficulty in falling asleep.

A concussion can only be diagnosed by a medical doctor or nurse practitioner. Concussions can be caused by a direct blow to the head, face or neck or by a blow to the body that transmits a force to the head that causes the brain to move rapidly within the skull. Concussions can occur even if there has been no loss of consciousness. Injuries from concussions may lead to "second impact syndrome". This is a rare condition that causes rapid and severe brain swelling and often catastrophic results, when an athlete suffers a second concussion before s/he is free of symptoms sustained from the first concussion.

Parent or Guardian Responsibilities:

If an athlete/student has sustained a head injury and has been examined by Ski Patrol but not sent for further medical attention the Parent/Guardian must be provided with a **Head Injury Caution Form** and the responding ski patroller must inform the program administrative staff, program head or Alpine Program Manager. If further medical attention is required, the athlete should be examined by a medical doctor or nurse practitioner as soon as possible that day.

Removal from Sport:

If an athlete has a confirmed concussion, they will be unable to participate in programs until medical clearance permits them to "Return to Sport" and must provide a Doctor's Clearance Letter to the program's administration, program head or Alpine Program Manager.

Athlete/Participant Responsibility:

Athlete/Participants must immediately inform their instructor/coach/supervisor of any signs or symptoms of a concussion and remove themselves from the program/training.

Athlete/Participants who witness other athletes/participants with signs or symptoms of a concussion must encourage them to remove themselves from play and inform the instructor/coach/supervisor.

HEAD INJURY CAUTION FORM

Any head injury should be treated seriously. Occasionally, serious, unexpected and life-threatening internal bleeding may develop in the next 24 to 48-hour period.

Due to this, careful observation over this period is advised. This involves waking the patient every two hours for the 24-hour period following the incident and advising his/her physician immediately if any of the following develop:

1. Abnormal drowsiness
2. Persistent vomiting or nausea
3. Confusion as to time, place and name
4. Severe headache
5. Abnormal twitching of limbs
6. Squinting, crossed eyes or double vision
7. Dripping fluid from nose or ears
8. Weakness of an arm, or dragging of a foot or leg
9. Stiff Neck

Immediately contact an EMERGENCY ROOM or PHYSICIAN if worried in any way about the patient's condition.

HEAD INJURY CAUTION FORM

Date: _____ Time: _____ mm/dd/yy hh/mm (24 hr)

I have read and understand the above instructions on head injuries.

Patient Name _____

Parent/Guardian Name _____ Signature _____

Patroller Name _____ Signature _____

MEDICAL ASSESSMENT LETTER

Date: _____

Athlete's Name: _____

To Whom it may concern,

Athletes who sustain a suspected concussion should be managed according to the Canadian Guideline on Concussion in Sport. Accordingly, I have personally completed a Medical Assessment on this patient.

Result of Medical Assessment

__ This patient has not been diagnosed with a concussion and can resume full participation in school, work, and sport activities without restriction.

__ This patient has not been diagnosed with a concussion but the assessment led to the following diagnosis and recommendations:

__ This patient has been diagnosed with a concussion. The goal of concussion management is to allow complete recovery of the patients' concussion by promoting a safe and gradual return to school and sport activities. The patient has been instructed to avoid all recreational and organized sports or activities that could potentially place them at risk of another concussion or head injury. Starting on _____ (date), I would ask that the patient be allowed to participate in school and low-risk physical activities as tolerated and only at a level that does not bring on or worsen their concussion symptoms.

Other comments:

Thank-you in advance for your understanding.

Yours Sincerely,

Signature/print _____ M.D./N.P. (circle appropriate designation)