



## STATEMENT of POLICY and PROCEDURE

Manual:	Operational	SPP No.	OPHS 2.01
Section:	Health and Safety	Issued:	Dec 19, 2017
Subject:	<b>Concussions</b>	Effective:	
Issue to:	All Manual Holders	Page:	1 of 6
		Replaces:	
Issued by:	The Board of Directors	Dated:	

### 1 POLICY

- 1.01 The Brant Curling Club takes seriously the health and well-being of all curlers and is committed to ensuring the safety of those participating in the sport of curling. The Brant Curling Club 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. As part of a responsible risk management plan, the Brant Curling Club has adopted the Canadian Curling Associations Concussion Guidelines and Return to Play policy. The Brant Curling Club recommends the following: use of double grippers (when not delivering a stone) and helmets (or other approved head protection) by novice curlers, or curlers who are at high risk of falling. This should include but is not limited to the Long-Term Athlete Development Continuum stages: i) FUNdamental, (Little Rocks, Bantam) ii) Learning to Train (Learn to Curl), and iii) Active for Life (Seniors at risk/people with stability issues).

### 2 PURPOSE

- 2.01 The Brant Curling Club enacts this policy as a tool to help manage concussed and possible concussed participants. The 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 play guidelines should a concussion be diagnosed. 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. Please keep in mind that a concussion is a clinical diagnosis that can only be made by a medical doctor. It is imperative that a medical doctor examines someone with a suspected concussion.

### 3 SCOPE

- 3.01 This statement of Policy and Procedure applies to all employees, volunteers, subcontractors and members of The Brant Curling Club or anyone involved in curling at the Brant Curling Club.

### 4 RESPONSIBILITIES



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Issue to:	All Manual Holders	Page:	2 of 6
		Replaces:	
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- 4.01 It is the responsibility of the board of directors and Manager to keep this policy updated and available on the club's website and make mention of this policy during registration and training sessions.
- 4.02 It is the responsibility of each person entering onto the ice surface to ensure they have the appropriate equipment (grippers, heard gear, etc.) to protect them from slipping and falling and to be aware of their surroundings and watch where they are walking.
- 4.03 If a participant has been identified as having a suspected concussion, the coach, supervisor of that activity or team members will notify all affected parties, including the participants parent/guardian (when appropriate) as well as any other individual listed on the emergency contact sheet.

## 5 DEFINITIONS

- 5.01 "Association" means Curling Canada.
- 5.02 "Participants" includes Coaches, athletes, volunteers, renters, officials and other members.
- 5.03 "Subcontractors" includes icemaker, staff of icemaker, any trade person hired to complete or quote work for the organization.

## 6 PROCEDURES

- 6.01 During all Brant Curling Club curling events, competitions, and practices, participants will use their best efforts to be aware of incidents that may cause concussions, such as:
- a) Falls
  - b) Accidents
  - c) Collisions
  - d) Head trauma – (blows to the head, face, or neck, OR a blow to the body that transmits a force to the head)



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Issue to:	All Manual Holders	Page:	3 of 6
		Replaces:	
Issued by:	The Board of Directors	Dated:	

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


Identify injured participants or other individuals who have been involved in any of the above incidents and/or exhibit any of the above symptoms. At this point, the individual should not participate in any physical activity until he/she has visited a medical doctor.

### **If the participant is unconscious:**

- a) Initiate emergency action plan and call 911
- b) If applicable, contact the child/youth's parent/guardian to inform them of the injury and their child is being transported to hospital
- c) Stay with the individual until Emergency Medical Services arrives
- d) Monitor and document any physical, emotional and/or cognitive changes
- e) Even if consciousness is regained, he/she needs to be examined by a medical doctor prior to the participant returning to physical activity

### **If the participant is conscious:**

- a) Remove the participant from the activity immediately and;
- b) Notify the participant's parent (if the participant is a minor) or someone close to the participant (if the participant is not a minor)
- c) Have a ride home for the participant arranged
- d) Isolate the participant into a dark room or area

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Subject:	<b>Concussions</b>	Effective:	
Issue to:	All Manual Holders	Page:	4 of 6
		Replaces:	
Issued by:	The Board of Directors	Dated:	

- e) Reduce external stimulus (noise, other people, etc.)
- f) Remain with the participant until he or she can be taken home
- g) Monitor and document any physical, emotional and/or cognitive changes
- h) Encourage the consultation of a physician

6.02 INCIDENT REPORT: Once the injured participant has been properly attended to, and incident report shall be filed with The Brant Curling Club. If the participant is from outside the club membership the report shall be sent the affiliated club within 48 hours.

6.03 RETURN TO PLAY: Once the participant's immediate needs have been met, the participant's family or the participant should be directed to the following protocol, in accordance with the following guidelines:

1. If no concussion is diagnosed: the participant may return to play for the next game, or during the same game according to the rules of curling.
2. If a concussion is diagnosed: the participant should only return to the activity after following the four steps outlined below and as directed by the physician.  
*(Please note that each step must take a minimum of 24 hours and the length of time needed to complete each step will vary based on the severity of the concussion. The concussed participant should be monitored regularly for the return of any signs and/or symptoms of concussion. If signs and/or symptoms return, consult with the medical doctor):*

**Step 1:** Complete cognitive and physical rest: Immediately consult a physician. Limit school, work and tasks requiring concentration. Refrain from physical activity until symptoms are gone. Once all symptoms are gone, rest for at least 24-48 hours and re-consult a physician, preferably one with experience managing concussion. **In order to proceed to step 2**, medical clearance is required.

**Step 2:** Light aerobic exercise to reintroduce physical activity: 10-15 minutes of low intensity activity like walking or stationary cycling. **In order to proceed to step 3**, the concussed participant or parent/guardian if applicable must report back to his/her coach, manager that he/she is symptom free.

**Step 3:** Sport-specific exercise: 15 minutes of low intensity participation like throwing rocks. The environment should be managed so as to ensure the participant is at minimum risk of falling or colliding with other participants. The



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Issue to:	All Manual Holders	Page:	5 of 6
		Replaces:	
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participant may also attempt basic balance drills. **In order to proceed to step 4**, the concussed participant or parent/guardian if applicable must report back to his/her coach or manager that he/she is symptom free.

**Step 4:** Full participation in curling once cleared by a physician.

6.04 **MEDICAL CLEARANCE:** This policy requires the participant to consult with a physician throughout this process and provide proof of medical clearance before being eligible for steps 2 and steps 4 noted above. The Brant Curling Club will comply with all directions provided by the physician, which may supersede this policy. If a participant is showing signs of concussion and/or has been clinically diagnosed as concussed, the coach or club manager shall prevent the participant from curling until the required medical clearance has been provided. Once the participant has provided medical clearance, the coach or club manager will be required to file a copy of the medical clearance to the participants incident report.

6.05 **NON-COMPLIANCE:** Failure to abide by any of the guidelines and/or protocols contained within this policy may result in disciplinary action being taken by The Brant Curling Club or the Association.

## 7.0 ATTACHMENTS

Incident Report Form