



Sudbury Cycling Club Concussion Policy

“Organization” refers to Sudbury Cycling Club (SCC).

Definitions

By-laws: the current version of SCC By-laws

Coach: includes the Head Coach, and any Member who is a Cycling NCCP – Trained coach or Cycling NCCP - Certified coach, who has been appointed by the SCC Board to assist the Head Coach

Club TT: a time trial competition, open only to Members

Indoor Training: training indoors on a bicycle that is on rollers, or fixed on a stationary trainer, including related activities inside the indoor training facility, for example setting up and dismantling bicycle trainers

Ride Leader: a Member appointed to lead cycling activities

Member: a member of SCC, as defined in the SCC By-laws

Road Cycling Training: includes non-competitive road cycling for training purposes

SCC: Sudbury Cycling Club

Track: Delki Dozzi Cycling Track in the City of Greater Sudbury

PURPOSE

1. Sudbury Cycling Club recognizes the increased awareness of concussions and their long-term effects and the Sudbury Cycling Club therefore enacts this Policy as a tool to help manage concussed and possibly-concussed members and preserve the health of its members.
2. This Policy describes the common signs and symptoms of a concussion and how to identify them, the protocol to be followed in the event of a possible concussion, and a Return to Sport protocol 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.
3. This Policy applies to all activities and events for which the Organization is the governing or sanctioning body including, but not limited to, competitions, practices, and training sessions.

SCOPE

4. This Policy applies to all Sudbury Cycling Club and members.

PROCEDURE

Registration

5. When an individual under the age of 26 years old registers with the SCC, the individual **must** provide written or electronic confirmation that they have reviewed concussion awareness

resources within the past 12 months. The Ontario Government has produced age-appropriate concussion resources located here:

- a. [Ages 10 and under](#)
 - b. [Ages 11-14](#)
 - c. [Ages 15+](#)
6. Individuals under the age of 26 years old must also sign the *Concussion Code of Conduct (Appendix A)*.
 7. For athletes younger than 18 years old, the athlete's parent or guardian **must** also provide confirmation that they have also reviewed the concussion resources as well and signed the *Concussion Code of Conduct*.
 8. Coaches, ride leaders must provide confirmation that they have also reviewed the concussion resources and sign the *Concussion Code of Conduct*; but not if they will be interacting exclusively with athletes who are 26 years old or older.

Recognizing Concussions

9. If a Participant demonstrates or reports any of the following **red flags**, an on-site licensed healthcare professional shall be summoned and, if deemed necessary, an ambulance should be called¹:
 - a. Neck pain or tenderness
 - b. Double vision
 - c. Weakness or tingling / burning in arms or legs
 - d. Severe or increasing headache
 - e. Seizure or convulsion
 - f. Loss of consciousness
 - g. Deteriorating conscious state
 - h. Vomiting more than once
 - i. Increasingly restless, agitated, or combative
 - j. Increased confusion
10. The following **observable signs** may indicate a possible concussion:
 - a. Lying motionless on the playing surface
 - b. Slow to get up after a direct or indirect hit to the head
 - c. Disorientation or confusion / inability to respond appropriately to questions
 - d. Blank or vacant look
 - e. Balance or gait difficulties, absence of regular motor coordination, stumbling, slow laboured movements
 - f. Facial injury after head trauma
11. A concussion may result in the following **symptoms**:
 - a. Headache or "pressure in head"
 - b. Balance problems or dizziness
 - c. Nausea or vomiting
 - d. Drowsiness, fatigue, or low energy
 - e. Blurred vision
 - f. Sensitivity to light or noise

¹ If an onsite healthcare professional is not available, an ambulance should be called.

- g. More emotional or irritable
 - h. "Don't feel right"
 - i. Sadness, nervousness, or anxiousness
 - j. Neck pain
 - k. Difficulty remembering or concentrating
 - l. Feeling slowed down or "in a fog"
12. Failure to correctly answer any of these **memory questions** may suggest a concussion:
- a. What venue are we at today?
 - b. Where was your last major competition?
 - c. What day is it?
 - d. What event are you participating in?

Removal from Sport Protocol

13. In the event of a Suspected Concussion where there are **observable signs** of a concussion, **symptoms** of a concussion, or a failure to correctly answer **memory questions**, the Participant should be immediately removed from participation by a designated SCC Ride Leader who is on-site.
14. After removal from participation, the following actions should be taken:
- a. The designated person who removed the Participant should consider calling 9-1-1;
 - b. The SCC must make and keep a record of the removal;
 - c. The designated person must inform the Participant's parent or guardian if the Participant is younger than 18 years old, and the designated person must inform the parent or guardian that the Participant is required to undergo a medical assessment by a physician or nurse practitioner before the Participant will be permitted to return to participation; and
 - d. The designated person will remind the Participant, and the Participant's parent or guardian as applicable, of the SCC's Return-to-Sport protocol as described in this Policy.
15. Participants who have a Suspected Concussion and who are removed from participation should:
- a. Be isolated in a dark room or area and stimulus should be reduced
 - b. Be monitored
 - c. Have any cognitive, emotional, or physical changes documented
 - d. Not be left alone (at least for the first 1-2 hours)
 - e. Not drink alcohol
 - f. Not use recreational/prescription drugs
 - g. Not be sent home by themselves
 - h. Not drive a motor vehicle until cleared to do so by a medical professional
16. A Participant who has been removed from participation due to a suspected concussion should not return to participation until the Participant has been assessed medically, preferably by a physician who is familiar with the Sport Concussion Assessment Tool – 5th Edition (SCAT5) (for Participants over the age of 12) or the Child SCAT5 (for Participants between 5 and 12 years old), even if the symptoms of the concussion resolve.

Re-Evaluate

17. A Participant with a Suspected Concussion should be evaluated by a licensed physician who should conduct a comprehensive neurological assessment of the Participant and determine the Participant's clinical status and the potential need for neuroimaging scans.

Rest and Rehabilitation

- 18. Participants with a diagnosed SRC should rest during the acute phase (24-48 hours) but can gradually and progressively become more active so long as activity does not worsen the Participant’s symptoms. Participants should avoid vigorous exertion.
- 19. Participants must consider the diverse symptoms and problems that are associated with SRCs. Rehabilitation programs that involve controlled parameters below the threshold of peak performance should be considered.

Refer

- 20. Participants who display persistent post-concussion symptoms (i.e., symptoms beyond the expected timeline for recovery – 10-14 days for adults and 4 weeks for children) should be referred to physicians with experience handling SRCs.

Recovery and Return to Sport

- 21. SRCs have large adverse effects on cognitive functioning and balance during the first 24-72 hours after injury. For *most* Participants, these cognitive defects, balance and symptoms improve rapidly during the first two weeks after injury. An important predictor of slower recovery from an SRC is the severity of the Participant’s initial symptoms following the first few days after the injury.
- 22. The table below represents a graduated return to sport for most Participants, in particular those that did not experience high severity of initial symptoms after the following the first few days after the injury.

Stage	Aim	Activity	Stage Goal
1	Symptom-limited activity	Daily activities that do not provoke symptoms	Gradual reintroduction of work/school activities
2	Light aerobic exercise	Walking or stationary cycling at slow to medium pace. No resistance training	Increase heart rate
3	Sport-specific exercise	Light drills. No head impact activities	Add movement
4	Non-contact training drills	Harder training drills. May start progressive resistance training	Exercise, coordination and increased thinking
5	Full contact practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6	Return to sport	Normal participation	

Table 1 – Return to Sport

Strategy

Residual Effects

- 23. Participants should be alert for potential long-term problems such as cognitive impairment and depression. The potential for developing chronic traumatic encephalopathy (CTE) should also be a consideration, although the CISG stated that *“a cause-and-effect relationship has not yet been demonstrated between CTE and SRCs or exposure to contact sports. As such, the notion that repeated concussion or subconcussive impacts cause CTE remains unknown.”*

Risk Reduction and Prevention

24. The SCC recognizes that knowing a Participant's SRC history can aid in the development of concussion management and the Return to Sport strategy. The clinical history should also include information about all previous head, face, or cervical spine injuries. The Organization encourages Participants to make coaches and other stakeholders aware of their individual histories.

Non-Compliance

25. Failure to abide by any of the guidelines and/or protocols contained within this policy may result in disciplinary action in accordance with the SCC's policies for discipline and complaints.

Liability

26. The SCC shall not be liable for any Participant or other individual's use or interpretation of this Policy. Further, none of the Organization's members, directors, officers, employees, agents, representatives, and other individuals involved in any way in the administration of this Policy shall be liable to any other individual in any way, in relation to any lawful acts or omissions committed in the honest application, administration, and/or enforcement of this Policy.

MEDICAL CLEARANCE

27. A Participant with a suspected concussion, even if the Participant was **not** unconscious cannot participate in SCC sanctioned rides until they are cleared by their physician or qualified health care professional and have provided the SCC with documentation stating this as such. The Participant with a suspected concussion shall email this correspondence to sudburycc@gmail.com

Concussion Code of Conduct (Appendix A)

PART A

The following section of the *Concussion Code of Conduct* must be signed by **all Participants under the age of 26 years old**. For Participants who are younger than 18 years old, a parent/guardian must also sign this section.

I will help prevent concussions by:

- Wearing the proper equipment for my sport and wearing it correctly.
- Developing my skills and strength so that I can participate to the best of my ability.
- Respecting the rules of my sport or activity.
- Demonstrating my commitment to fair play and respect for all (respecting other athletes, coaches, team trainers and officials).

I will care for my health and safety by taking concussions seriously, and I understand that:

- A concussion is a brain injury that can have both short-term and long-term effects.
- A blow to my head, face or neck, or a blow to the body that causes the brain to move around inside the skull may cause a concussion.
- I don't need to lose consciousness to have had a concussion.
- I have a commitment to concussion recognition and reporting, including self-reporting of possible concussion and reporting to a designated person when an individual suspects that another individual may have sustained a concussion. (Meaning: If I think I might have a concussion I should stop participating in further training, practice or competition **immediately**, and I will tell an adult if I think another athlete has a concussion).
- Continuing to participate in further training, practice or competition with a possible concussion increases my risk of more severe, longer lasting symptoms, and increases my risk of other injuries.

I will not hide concussion symptoms. I will speak up for myself and others.

- I will not hide my symptoms. I will tell a coach, official, team trainer, parent or another adult I trust if I experience **any** symptoms of concussion.
- If someone else tells me about concussion symptoms, or I see signs they might have a concussion, I will tell a coach, official, team trainer, parent or another adult I trust so they can help.
- I understand that if I have a suspected concussion, I will be removed from sport and that I will not be able to return to training, practice or competition until I undergo a medical assessment by a medical doctor or nurse practitioner and have been medically cleared to return to training, practice or competition.
- I have a commitment to sharing any pertinent information regarding incidents of removal from sport with my school and any other sport organization with which I have registered. (Meaning: If I am diagnosed with a concussion, I understand that letting all of my other coaches and teachers know about my injury will help them support me while I recover).

I will take the time I need to recover, because it is important for my health.

- I understand my commitment to supporting the return-to-sport process and I will follow my sport organization's Return-to-Sport Protocol.
- I understand I will have to be medically cleared by a medical doctor or nurse practitioner before returning to training, practice or competition.
- I will respect my coaches, team trainers, parents, health-care professionals, and medical doctors and nurse practitioners, regarding my health and safety.

By signing here, I acknowledge that I have fully reviewed and commit to this *Concussion Code of Conduct*.

Name of Participant (print)

Signature of Participant

Date of Birth

Name of Parent or Guardian (print)

Signature of Parent or Guardian

Date

PART B

The following section of the *Concussion Code of Conduct* must be signed by **all coaches and team leaders who interact with Participants under the age of 26 years old.**

I can help prevent concussions through my:

- Efforts to ensure that my athletes wear the proper equipment and wear it correctly.
- Efforts to help my athletes develop their skills and strength so they can participate to the best of their abilities.
- Respect for the rules of my sport or activity and my efforts to ensure that my athletes do too.
- Commitment to fair play and respect for all (respecting other coaches, team trainers, officials and all participants and ensuring my athletes respect others and play fair).

I will care for the health and safety of all participants by taking concussions seriously. I understand that:

- A concussion is a brain injury that can have both short-term and long-term effects.
- A blow to the head, face, or neck, or a blow to the body may cause the brain to move around inside the skull and result in a concussion.
- A person doesn't need to lose consciousness to have had a concussion.
- An athlete with a suspected concussion should stop participating in training, practice or competition **immediately**.
- I have a commitment to concussion recognition and reporting, including self-reporting of possible concussion and reporting to a designated person when an individual suspects that another individual may have sustained a concussion.
- Continuing to participate in further training, practice or competition with a suspected concussion increases a person's risk of more severe, longer lasting symptoms, and increases their risk of other injuries or even death.

I will create an environment where participants feel safe and comfortable speaking up. I will:

- Encourage athletes not to hide their symptoms, but to tell me, an official, parent or another adult they trust if they experience **any** symptoms of concussion after an impact.
- Lead by example. I will tell a fellow coach, official, team trainer and seek medical attention by a physician or nurse practitioner if I am experiencing any concussion symptoms.
- Understand and respect that any athlete with a suspected concussion must be removed from sport and not permitted to return until they undergo a medical assessment by a physician or nurse practitioner and have been medically cleared to return to training, practice or competition.
- *For coaches only:* Commit to providing opportunities before and after each training, practice and competition to enable athletes to discuss potential issues related to concussions.

I will support all participants to take the time they need to recover.

- I understand my commitment to supporting the Return-to-Sport process.
- I understand the athletes will have to be cleared by a physician or nurse practitioner before returning to sport.
- I will respect my fellow coaches, team trainers, parents, physicians and nurse practitioners and any decisions made with regards to the health and safety of my athletes.

By signing here, I acknowledge that I have fully reviewed and commit to this *Concussion Code of Conduct*.

Name and role (print)

Signature

Date

PART C

Designated Person(s)

In accordance with the requirements set out in *Rowan's Law* and its associated regulation, every sport organization is required to identify a designated person(s) as having specific responsibilities under the removal-from-sport and return-to-sport protocols. The responsibilities for the designated person(s) may be shared between one or more individuals. If your sport organization has more than one designated person(s), please ensure that each designate is clear about who has what responsibility under the Removal-from-Sport protocol and the Return-to-Sport protocol.

Under the Removal-from-Sport protocol for The Sudbury Cycling Club, the designated person(s) is/are responsible for ensuring that:

- An athlete is immediately removed from further training, practice or competition if the athlete 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 The Sudbury Cycling Club,
- 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 athlete from further training, practice or competition; and if the athlete is under 18 years of age, the parent or guardian is informed of the removal;
- The athlete, or the parent or guardian if the athlete is under 18 years of age, is advised that the athlete is required to undergo a medical assessment by a physician or nurse practitioner before the athlete will be permitted to return to training, practice or competition according to the Return-to-Sport protocol for The Sudbury Cycling Club ;
- An athlete or, if the athlete is under 18 years of age, the athlete's parent or guardian receives the Removal-from-Sport and Return-to-Sport protocols for The Sudbury Cycling Club as soon as possible after the athlete's removal;
- Once removed, the athlete is not permitted to return to training, practice or competition, except in accordance with The Sudbury Cycling Club Return-to-Sport protocol;

Under the Return-to-Sport protocol for The Sudbury Cycling Club, the designated person(s) is/are responsible for ensuring that:

- An athlete 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 The Sudbury Cycling Club Return-to-Sport protocol;
- When an athlete has **not** been diagnosed with a concussion, the athlete is only permitted to return to training, practice or competition if the athlete or, if the athlete is under 18 years of age, the athlete's parent or guardian provides confirmation to the designated person(s) about the outcome of the athlete's medical assessment, specifically that the athlete:

- 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 an athlete **is** diagnosed by a physician or nurse practitioner as having a concussion, the athlete is not permitted to move on to unrestricted training, practice or competition unless the athlete or, if the athlete is under 18 years of age, the athlete’s parent or guardian provides a confirmation of medical clearance by the physician or nurse practitioner to the designated person(s);
- An athlete is not permitted to return to training, practice or competition through **The Sudbury Cycling Club** graduated Return-to-Sport steps unless the athlete or, if the athlete is under 18 years of age, the athlete’s parent or guardian has shared the medical advice or recommendations they received, if any, with the designated person(s);
- When an athlete is diagnosed by a physician or nurse practitioner as having a concussion, the athlete or, if the athlete is under 18 years of age, the athlete’s parent/guardian has been informed of the importance of disclosing the diagnosis to any other sport organization with which the athlete is registered or school that the athlete attends.

The regulation states that a designated person(s) may rely on the information received from an athlete or, if the athlete is under 18 years of age, from the athlete’s parent or guardian in carrying out their responsibilities under **The Sudbury Cycling Club** Return-to-Sport protocol.

The following individual(s) is/are recognized by **The Sudbury Cycling Club** as the “designated person(s)” with respect to Removal-from-Sport and Return-to-Sport protocols for **The Sudbury Cycling Club** :

Name of Designated person(s): Hussein Wehbe, Carlo Berardi, Sheila Grech, Michel Barbeau, Rob Medaglia, Denis Boulard, Wayne Aulchinleck, and Brien Monaghan

Date: _____ March 12, 2023 _____

Term of designation: _____ 2 years _____

Last Reviewed March 15, 2023