

# **Blenheim Golden Eagles Gymnastics Club Athlete Concussion Policy**

## **Ontario Rowan's Law: Concussion Safety and Concussion Awareness**

Rowan's Law makes it mandatory for sports organizations to:

1. Ensure that athletes under 26 years of age, parents of athletes under 18, coaches, team trainers and officials confirm every year that they have reviewed Ontario's Concussion Awareness Resources
2. Establish a Concussion Code of Conduct that sets out rules of behaviour to support concussion prevention
3. Establish a Removal-from-Sport and Return-to-Sport protocol

Please review the age appropriate Ontario Concussion Awareness Resources with your athlete.

### **Ages 10 and Under Concussion Resources**

Video: [Concussion Awareness for Ages 10 and Under](#)

Website: [Government of Ontario Concussion Awareness Resource e-booklet: Ages 10 and Under](#)

### **Ages 11-14 Concussion Resources**

Video: [Concussion Awareness for Ages 11-14](#)

Website: [Government of Ontario Concussion Awareness Resource e-booklet: Ages 11-14](#)

### **Ages 15 and up Concussion Resources**

Video: [Concussion Awareness for Ages 15 and Up](#)

Website: [Government of Ontario Concussion Awareness Resource e-booklet: Ages 15 and up](#)

Once you have reviewed the Ontario Concussion Awareness Resources with your athlete, please complete the Receipt of Review of the Concussion Awareness Resource Form and the Concussion Code of Conduct Form.

### **For more information:**

[Ontario Rowan's Law: Concussion safety](#)

[Rowan's Law: Concussion Awareness Resources](#)

## Receipt of Review of Concussion Awareness Resource

Thank you for completing your review of the Concussion Awareness Resource.

- Under *Rowan's Law*, The Blenheim Golden Eagles Gymnastics Club asks you to confirm that you and your athlete have reviewed one of the age appropriate Ontario Concussion Awareness Resources before you can register/participate in the gymnastics program.
- You must review one of the resources once a year, and then confirm that you have completed the review every time you register with a sport organization. If you want to use this form to show that you have reviewed the concussion awareness resource, you can provide the completed form to your sport organization(s).
- If you would like to have a record of your review of the concussion awareness resource, you can complete this form and keep it as a receipt to remind you of the date on which you reviewed it.
- Once you complete this form, you can save it (to your personal device/computer) or print this page to share with your sport organization and/or to serve as a reminder of when to review the Concussion Awareness Resources again next year.

### Receipt of Review

I, \_\_\_\_\_ (athlete name) confirm that I have reviewed a Concussion Awareness Resource.

I, \_\_\_\_\_ (parent/guardian name) confirm that I have reviewed a Concussion Awareness Resource.

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Athlete Signature

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Parent Signature

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Date

## Concussion Code of Conduct Form

### **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.
- My commitment to fair play and respect for all other athletes and coaches.

### **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- 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.
- 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, 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, 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 the athlete's school and any other sport organization with which the athlete has registered.

### **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. I will have to 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.**

Athlete: \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

Date: \_\_\_\_\_

# **Removal from Sport/Return to Sport Protocols**

The following outlines a process for immediate removal of an athlete who is suspected of having sustained a concussion.

## **Removal from Sport**

### **1. Remove the Athlete**

Designated person(s) to immediately remove the athlete from further training, practice or competition if the athlete has sustained a concussion or is suspected of having sustained a concussion regardless of whether the concussion or suspected concussion was sustained from an activity associated with Blenheim Golden Eagles Gymnastics Club.

### **2. Call 9-1-1 if Emergency**

Designated person(s) to call 9-1-1 if in their opinion, doing so is necessary.

### **3. Inform**

If the athlete is under 18 years of age, Designated person(s) to inform the athlete's parent or guardian about the removal from further training, practice or competition.

Designated person(s) to advise the athlete, or the parent or guardian if the athlete is under 18 years of age, 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.

A medical assessment determines whether the athlete has a concussion. An athlete will not be permitted to return to training, practice or competition until they receive medical clearance by a physician or nurse practitioner to do so.

### **4. Give Protocols**

Designated person(s) to provide the athlete or, if the athlete is under 18 years of age, the athlete's parent or guardian with Blenheim Golden Eagles Gymnastics Club. Removal-from-Sport and Return-to-Sport protocols as soon as possible after the athlete has been removed from further training, practice or competition.

### **5. Record the Incident**

Make and keep a record of incidences where an athlete is removed from further training, practice or competition because they are suspected of having sustained a concussion regardless of whether the athlete is later diagnosed with a concussion.

### **6. Returning to Training, Practice or Competition**

Once removed, the athlete is not permitted to return to training, practice or competition, except in accordance with Blenheim Golden Eagles Gymnastics Club Return-to-Sport protocol.

## **Return to Sport**

The following outlines a return-to-sport process for an athlete who has been removed from training, practice or competition due to a suspected or diagnosed concussion, regardless of whether or not the concussion was sustained or is suspected of having been sustained during a sport activity associated with Blenheim Golden Eagles Gymnastics Club.

### **1. Receive Confirmation**

Ensure 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 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) that the athlete:

- a) Has undergone a medical assessment by a physician or nurse practitioner and has not been diagnosed as having a concussion, and
- b) Has been medically cleared to return to training, practice or competition by the physician or nurse practitioner.

### **2. If Diagnosed with Having a Concussion**

If an athlete has been diagnosed by a physician or nurse practitioner as having a concussion the athlete must proceed through the graduated return-to-sport steps.

The Return-to-School Plan - Students in elementary and secondary school with a diagnosed concussion must follow their school board's return-to-school plan, which supports a student's gradual return to learning and return to physical activity. Contact the school for more information.

### **3. Graduated Return-to-Sport Steps**

It is important to note that typical recovery times vary from person to person, and that some individuals may require more time to progress through the graduated return-to-sport steps.

The graduated return-to-sport steps may include the following activities. It is typically recommended that an athlete with concussion rest for 24 to 48 hours before beginning step 1.

An athlete is typically ready to progress to the next step when they can do the activities at their current step without new or worsening symptoms. If at any step symptoms get worse, they should stop and return to the previous step before trying again. If symptoms do not improve or if the symptoms continue to worsen, the athlete should return to the physician or nurse practitioner.

	Activities	Goal of Step	Duration
<b>Step 1:</b> Symptom-limiting activities	Daily activities that don't make symptoms worse, such as moving around the home and simple chores	Gradual reintroduction of daily school, and work activities	At least 24 hours
<b>Step 2:</b> Light aerobic activity	Light activities such as walking or stationary bicycle at slow to medium pace for 10–15 minutes	Increase heart rate	At least 24 hours
<b>Step 3:</b> Sport-specific exercise	Individual physical activity such as running or skating  No contact or head impact activities	Add movement	At least 24 hours
<b>Step 4:</b> Non-contact training, practice drills	Harder training drills Add resistance training (if appropriate)	Exercise, coordination and increased thinking	At least 24 hours
<b>Step 5:</b> Unrestricted training and practice	Unrestricted training and practice — with contact where applicable	Restore confidence and assess functional skills	At least 24 hours  Obtain clearance from physician or nurse practitioner before unrestricted training, practice or competition
<b>Step 6:</b> Return-to-Sport	Unrestricted competition		

#### 4. Share Medical Advice

An athlete, or the athlete's parent or guardian must share the medical advice or recommendations they receive with the designated person(s) before being permitted to return to training, practice or competition through the graduated return-to-sport steps, if any.

#### 5. Disclosing Diagnosis

The designated person(s) must inform the athlete or, if the athlete is under 18 years of age, the athlete's parent or guardian of the importance of disclosing the diagnosis to any other sport organization with which the athlete is registered or school that the athlete attends

#### 6. Medical Clearance

The athlete, or the athlete's parent or guardian must provide the designated person(s) a confirmation of medical clearance by a physician or nurse practitioner before the athlete is permitted to move on to unrestricted training, practice or competition.

#### 7. Record Progression

The sport organization must make and keep a record of the athlete's progression through the graduated return-to-sport steps until the athlete, or the athlete's parent or guardian, has provided a confirmation of medical clearance by a physician or nurse practitioner to the designated person(s).

Adapted from <https://files.ontario.ca/mhstci-rowans-law-protocols-en-2020-05-13.pdf>