

## **YELLOWKNIFE SPEED SKATING CLUB CONCUSSION POLICY**

### **PURPOSE**

1. The Yellowknife Speed Skating Club (YKSSC) is committed to maintaining the health of its athletes and believes that an athlete's health is more important than participating in the sport of speed skating. YKSSC recognizes the increased awareness of concussions and their long-term effects and YKSSC therefore enacts this Policy as a tool to help manage concussed and possibly-concussed athletes and preserve the health of its members.

### **SCOPE**

2. This Policy applies to all athletes, coaches, officials, members and decision-makers of the YKSSC.

### **INTENT**

3. YKSSC follows the intent, and as modified by this policy, of the Speed Skating Canada's Return to Play Procedure which includes both the Return to Speed Skating Protocol and concussion guidelines.

### **PROCEDURE**

4. The YKSSC will provide coaches, officials, athletes (or their parents/guardians) and decision makers with information related to concussions, including:
  - a) A description of incidents that may cause a concussion, such as:
    - i. Falls
    - ii. Accidents
    - iii. Collisions
    - iv. Head trauma
5. The symptoms that may result from a concussion, such as:
  - i. Nausea
  - ii. Poor concentration
  - iii. Amnesia
  - iv. Fatigue
  - v. Sensitivity to light or noise
  - vi. Irritability
  - vii. Poor appetite
  - viii. Decreased memory
6. During all speed skating events, competitions, and practices sanctioned by YKSSC, coaches, officials and decision makers will use their best efforts to identify athletes or other individuals who have been involved in any of the above incidents and/or exhibit any of the above symptoms
7. Athletes or other individuals who have been involved in an incident that may cause a concussion and who exhibit symptoms of a concussion shall be identified and removed from the speed skating activity.
8. Following the athlete or other individual being removed from the speed skating activity, the coach, official or decision maker shall take the following steps, or direct that the following steps be taken:
  - a) Call an emergency number (if the situation appears serious)

- b) Notify the athlete's parent (if the athlete is a minor) or someone close to the athlete (if the athlete is not a minor)
- c) Have a ride home for the athlete arranged
- d) Reduce external stimulus (noise, other people, etc)
- e) Remain with the athlete until he or she can be taken home
- f) Encourage the consultation of a physician

If the coach, official or decision maker reasonably believes that another responsible adult (e.g. a parent) will meet the athlete's or individual's immediate needs, he or she may relinquish responsibility to that individual.

9. If a coach, official or decision maker reasonably believes that an athlete or individual may have suffered a concussion, he or she will send home a notice that a possible head injury has occurred, that the athlete/individual should be watched for signs of concussions, and medical attention sought if required. The notice will include either a copy of, or direction to, Speed Skating Canada's Return to Play Procedure.

## **RETURN TO SPEED SKATING**

10. Any athlete or individual suspected of sustaining a concussion will not be allowed to participate in full program activities for the remainder of the season unless, he or she provides a medical note confirming either that:
- a) the athlete or individual did not sustain a concussion, or
  - b) the athlete or individual may return to speed skating, or may return with limited activities and activity levels.
11. When an athlete or individual returns to speed skating, the athlete/ individual, (or their parent/guardian), is responsible for ensuring that acceptable activities or activity levels are not exceeded.
12. Neither the YKSSC, nor any individual representing the YKSSC, is responsible or liable, if an athlete/ individual returns to speed skating following a concussion, and suffers subsequent harm or injury.