



SAFE SPORT & CONCUSSIONS
November 2019

SAFE SPORT

CBC Investigation (Feb 2019)

Over 20 years - 340 Coaches Charged with Sexual Offences
against Minors

600 Victims, 222 Convictions, 34 ongoing cases
Spanned 36 sports

Athlete Study – National Team (inc. recently retired)

60% + response rate to survey

Over 90% reported some form of harm during career
Only 15% of these were reported to PSO/NSO

We showed Ontario Volleyball's Safe Sport Video which can be found here:

<https://youtu.be/vPqHGRDyhzg>

Purpose of Rule of Two

To protect minor athletes and coaches in potentially vulnerable situations by ensuring more than one adult is present



Coaching Association of Canada
Association canadienne des entraîneurs

PROTECTION POLICY

Protects the Athlete, the Coach and the Club

ABUSE REPORTING

Children's Aid
Reporting

Clear Avenues &
Procedures



SCREENING

Staff & Volunteer
Screening

Interviews,
Reference Checks
&
Criminal Record
Checks

SAFE SPORT

Other Related Policies

Communication Policy
Social Media Policy
Travel Policy
Whistleblower Policy
Code of Conducts
Harassment Policy
Discipline & Complaints
Dispute Resolution
Appeal Policy
Screening Policy

Making Sport Safer for EVERYONE

Participants
Coaches
Volunteers
Staff
Directors
Organizations

Protecting the Sport Itself



Phase 1

Came into effect July 2019
- Awareness and Education



Phase 2

Comes into effect July 2020
- Removal and Return to Sport



What causes a concussion?

- Any blow to the head, face or neck, or somewhere else on the body that causes a sudden jarring of the head may cause a concussion.
- Direct contact to the head is **not** required to cause a concussion.

WHO DOES LAW APPLY TO?

- ✓ Rowing is an identified sport
- ✓ Training and development programs
- ✓ Regattas if there is any level of organization – such as awards, registration.
- ✓ If there is anyone under 26 involved.
(ROWONTARIO is promoting all ages follow same procedures, law has certain aspects not applying to over 26 other aspects apply to all ages).
- ✓ Organization that is “hosting” is responsible!

ONE PROVINCE = ONE POLICY!

Concussion Must Dos for Clubs

BOARD

- Pass a Concussion Policy. We ask you to adopt the ROWONTARIO Concussion Policy and Concussion Code of Conduct.

REGISTRATION

- Before registration, each participant must acknowledge they have read the Ontario Ministry Concussion Resources **AND** that they have read/agreed to the ROWONTARIO Concussion Code of Conduct – Participant. This must happen annually.

COACHES PRE SEASON

- Before being active, all coaches (and trainers) must acknowledge they have read the Ontario Ministry Concussion Resources **AND** that they have read and agreed to the ROWONTARIO Concussion Code of Conduct – Coach.
- This must happen annually.

GOVERNMENT OF ONTARIO

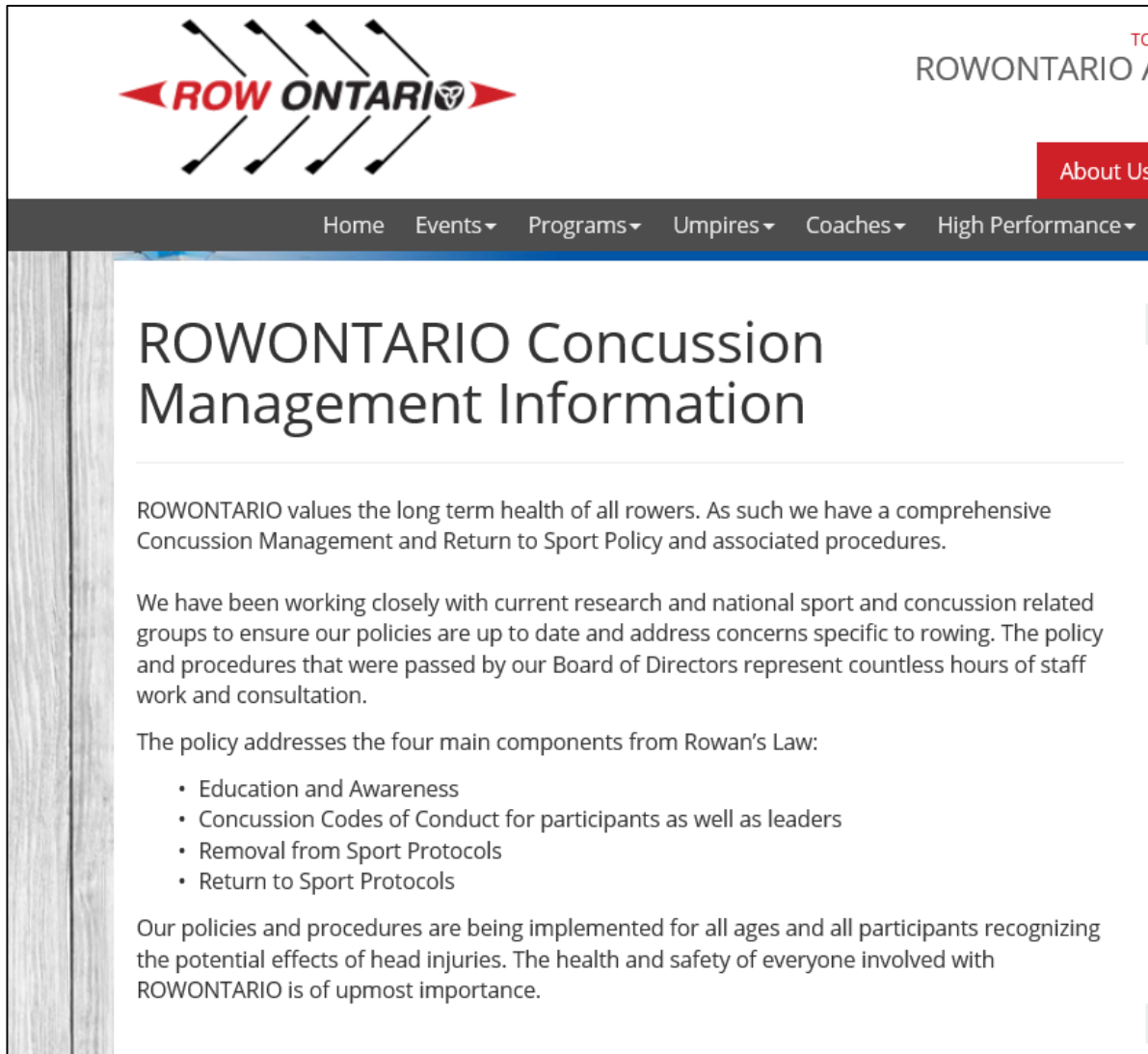
CONCUSSION AWARENESS RESOURCE



**ROWAN'S
LAW**

Everyone must use
Government Provided
Resource

Currently only in booklet
format;
Video & e-module
promised



ROWONTARIO WEBSITE

Ministry Approved Concussion Awareness Resources – REQUIRED:

[MTCS Concussion Awareness Resources – 10 & Under](#)

[MTCS Concussion Awareness Resources – 11-14](#)

[MTCS Concussion Awareness Resources – 15 & Up](#)

ROWONTARIO Concussion Codes of Conduct – REQUIRED:

[ROWONTARIO Concussion Code of Conduct – Athletes & Participants](#)

[ROWONTARIO Concussion Code of Conduct – Coaches](#)

ROWONTARIO Concussion Resources:

[ROWONTARIO Concussion Management Policy](#)

[Information for Individuals with Suspected Concussions](#)

Resources for Concussion Education and Awareness available from Parachute Canada:

[Concussions: The Basics](#)

[Resources for Athletes](#)

[Resources for Parents](#)

[Concussion Recognition Tool](#)

[Concussion Management & Return to Play Video](#)

REMOVAL FROM SPORT PROTOCOL

Includes getting
them off the water

Coach is identified as the
“Most Responsible Person” to make the decision
to Remove from Sport

RECOGNITION OF POTENTIAL

*Only Medical Doctors & Nurse Practitioners can diagnosis a concussion.
ROWONTARIO's Protocols have been established with the assumption there will not be a
medical doctor or nurse practitioner on site to provide medical assessment.*

CONCUSSION RECOGNITION TOOL 5[©]

To help identify concussion in children, adolescents and adults



FIFA®

Supported by



FEI

RECOGNISE & REMOVE

Head impacts can be associated with serious and potentially fatal brain injuries. The Concussion Recognition Tool 5 (CRT5) is to be used for the identification of suspected concussion. It is not designed to diagnose concussion.

STEP 1: RED FLAGS — CALL AN AMBULANCE

If there is concern after an injury including whether ANY of the following signs are observed or complaints are reported then the player should be safely and immediately removed from play/game/activity. If no licensed healthcare professional is available, call an ambulance for urgent medical assessment:

- Neck pain or tenderness
- Double vision
- Weakness or tingling/burning in arms or legs
- Severe or increasing headache
- Seizure or convulsion
- Loss of consciousness
- Deteriorating conscious state
- Vomiting
- Increasingly restless, agitated or combative

Remember:

- In all cases, the basic principles of first aid (danger, response, airway, breathing, circulation) should be followed.
- Assessment for a spinal cord injury is critical.
- Do not attempt to move the player (other than required for airway support) unless trained to do so.
- Do not remove a helmet or any other equipment unless trained to do so safely.

If there are no Red Flags, identification of possible concussion should proceed to the following steps:

STEP 2: OBSERVABLE SIGNS

Visual clues that suggest possible concussion include:

- Lying motionless on the playing surface
- Slow to get up after a direct or indirect hit to the head
- Disorientation or confusion, or an inability to respond appropriately to questions
- Blank or vacant look
- Balance, gait difficulties, motor incoordination, stumbling, slow laboured movements
- Facial injury after head trauma

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STEP 3: SYMPTOMS

- Headache
- "Pressure in head"
- Balance problems
- Nausea or vomiting
- Drowsiness
- Dizziness
- Blurred vision
- Sensitivity to light
- Sensitivity to noise
- Fatigue or low energy
- "Don't feel right"
- More emotional
- More Irritable
- Sadness
- Nervous or anxious
- Neck Pain
- Difficulty concentrating
- Difficulty remembering
- Feeling slowed down
- Feeling like "in a fog"

STEP 4: MEMORY ASSESSMENT

(IN ATHLETES OLDER THAN 12 YEARS)

Failure to answer any of these questions (modified appropriately for each sport) correctly may suggest a concussion:

- "What venue are we at today?"
- "Which half is it now?"
- "Who scored last in this game?"
- "What team did you play last week/game?"
- "Did your team win the last game?"

Athletes with suspected concussion should:

- Not be left alone initially (at least for the first 1-2 hours).
- Not drink alcohol.
- Not use recreational/ prescription drugs.
- Not be sent home by themselves. They need to be with a responsible adult.
- Not drive a motor vehicle until cleared to do so by a healthcare professional.

The CRT5 may be freely copied in its current form for distribution to individuals, teams, groups and organisations. Any revision and any reproduction in a digital form requires approval by the Concussion in Sport Group. It should not be altered in any way, rebranded or sold for commercial gain.

ANY ATHLETE WITH A SUSPECTED CONCUSSION SHOULD BE IMMEDIATELY REMOVED FROM PRACTICE OR PLAY AND SHOULD NOT RETURN TO ACTIVITY UNTIL ASSESSED MEDICALLY, EVEN IF THE SYMPTOMS RESOLVE

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Removal Must Dos for Clubs

- A coach needs to remove an athlete for a suspected concussion if:
They have suffered an injury where there was potential for direct or indirect force to head, neck, or upper body **AND** they experience or demonstrate any symptoms;
OR the participant discloses they have a concussion or possible concussion.

If removed, Coach needs to:

- **refer** to a medical doctor (or nurse practitioner) for an assessment
- ensure participant (and parent/guardian if under 18) knows they **need to disclose** a concussion diagnosis to all their sport and/or school organizations
- Give them the ROWONTARIO **Handout** with Concussion Removal and Return to Row procedures.

ROWONTARIO

Concussions

Removal from Sport Procedures



We are concerned about the long term health of all our participants. We have instituted a Concussion Management Policy to help protect their health and in compliance with Ontario's Rowan's Law.

The policy is that if any individual suffers any kind of injury where there is potential for there to have been direct or indirect force to the head, neck, face, or upper body and is experiencing or demonstrating any concussion related signs or symptoms, the individual will be removed from activity immediately.

The designated person to make this decision will be the coach and/or regatta host. In the case of a suspected concussion, the individual may not be in a condition to assess themselves or make appropriate decisions. The decision will be made erring on the side of caution in support of the long term health of the participant.

For individuals under 18, all suspected concussions or situations that occurred that potentially could result in a concussion will be reported to their guardian. The guardian should monitor the individual for delayed signs and symptoms for the next 72 hours.

All individuals of any age with a suspected concussion should see to a medical doctor (or nurse practitioner) for medical assessment and diagnosis.

A CONCUSSION is a serious event, but you can recover fully from such an injury if the brain is given enough time to rest and recuperate. Returning to normal activities, including sport participation, is a stage-wise process that requires patience, attention, and caution.

*If diagnosed with a concussion, please turn over for a rowing specific return to sport protocol. Remember that each stage of the return protocol must take a **minimum of one day** but could last longer, depending on the athlete and their specific situation.*

For more information and ROWONTARIO's complete Concussion Policy please go to:
www.rowontario.ca/rowontario-concussion-management-information/

ROWONTARIO

Return to Sport Protocol



If you are diagnosed with a concussion, follow the stages to return under medical guidance

STAGE 1: Symptom limited activity – Goal: A gradual reintroduction of activity

After an initial short period of rest of 24-48 hours, light cognitive and physical activity can be initiated as long as they don't worsen symptoms. A physician, preferably one with experience managing concussions, should be consulted before beginning the staged process to return.

STAGE 2: Light aerobic exercise – Goal: Increased heart rate

Activities such as walking or stationary cycling. The athlete should be supervised by someone who can help monitor for symptoms and signs. No resistance training or weight lifting. The duration and intensity of the aerobic exercise can be gradually increased over time if no symptoms or signs return during the exercise or the next day.

Symptoms? Return to previous stage and only engage in activities as tolerated. If symptoms persist consult a physician.

No symptoms? Proceed to Stage 3 after 24 hours.

STAGE 3: More diverse cardio – Goal: Add movement

Activities such as light running or gentle body weight resistance exercises can begin at stage 3. There should be no body contact or other jarring motions such as high speed stops or hitting a baseball with a bat.

Symptoms? Return to previous stage and only engage in activities as tolerated. If symptoms persist consult a physician.

No symptoms? Proceed to Stage 4 after 24 hours.

STAGE 4: Building upon cardio with increased cognitive challenges

Goal: Exercise, coordination, and increased thinking

Activities such as indoor rowing and resistance training can be added to activities from previous stages.

Symptoms? Return to previous stage and only engage in activities as tolerated. If symptoms persist consult a physician.

No symptoms? The time needed to progress will vary with the severity of the concussion and with the athlete. **Proceed to Step 5 only after medical clearance.**

STAGE 5: On water practice, once cleared by a doctor – Goal: Restore confidence and assess functional skills by coaching staff

Coaches and instructors will allow return to the water in gradually challenging conditions.

Symptoms? Return to previous stage and only engage in activities as tolerated. If symptoms persist consult a physician.

No symptoms? Proceed to Step 6 after minimum of two on water situations without symptoms.

STAGE 6: Competition

Return to sport with normal activities

Reporting Must Dos for Clubs

- Any incident removing an individual due to suspected concussion requires the responsible adult in charge to **complete an incident report** submit it and track it with a secure system in the club. (If removal is due to participant disclosure a report also needs to be completed.)
- Board President or designate should **track all reports** to ensure follow up and appropriate compliance with policy.
- Coach will retain a copy of report and update it with **progression** through the return to sport stages.
- When **written clearance** is provided, it will be attached to report to complete full package on file.

Return to Rowing Must Dos for Clubs

- If removed, athlete may return if they confirm to coach they have undergone a medical assessment and have been **diagnosed with NOT** having a concussion.
- If they are diagnosed with a concussion, **Coach should stay in touch** with them as they work through the first 4 stages of the return protocol under medical recommendations.
- Participant needs to present **written medical clearance to begin Stage 5** which allows on the water practice with club. (Full return to school is priority over return to sport.)
- Athlete can only **return to competition after two on-the-water** situations without a return of symptoms.

A Reminder About Policies

- Board has to approve for organization, reviewed regularly
- Need Associated Procedures to implement – how they work
- Need training and communication documented

And, of course....

The logo for COAST is displayed in white, bold, sans-serif capital letters against a solid blue rectangular background. The letters are closely spaced, and the 'O' and 'A' have a slight gap in the middle of their respective loops.

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Thank You!

