

CONCUSSION GUIDELINES POLICY

Organization" refers to: Credit Valley Cycling Club

Definitions

1. The following terms have these meanings in this Policy:
"Participant"— Members

Purpose

2. The Organization is committed to ensuring the safety of those participating in the sport of cycling. The Organization 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.
3. This Policy provides guidance in identifying common signs and symptoms of concussion and protocol to be followed in the event of a possible concussion. 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.
4. A concussion is a clinical diagnosis that can only be made by a physician.

Procedure

5. During all events, Participants will use their best efforts to:
 - a) Be aware of incidents that may cause a concussion, such as:
 - i. Falls
 - ii. Accidents
 - iii. Collisions
 - iv. Head trauma — (blow to the head, face or neck, or a blow to the body that transmits a force to the head)
 - b) 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:
 - i. Nausea
 - ii. Poor concentration
 - iii. Amnesia
 - iv. Fatigue
 - v. Sensitivity to light or noise
 - vi. irritability
 - vii. Poor appetite
 - viii. Decreased memory
 - ix. Poor balance
 - x. Slowed reaction time
 - c) Identify injured Participants or other individuals who have been involved in any of the above incidents and/or exhibit any of the above symptoms.

Leader Responsibilities

6. If a Participant has been identified as having a suspected concussion, the leader of that activity will

notify all affected parties of the suspected concussion, including the Participant and their emergency contact.

7. If the Participant is unconscious — initiate emergency action plan, call 911, and then:
 - a) If applicable, contact the Participant's emergency contact to inform them of the injury and that the Participant will be attended to by Emergency Medical Services and possibly transported to a hospital
 - b) Stay with the Participant until Emergency Medical Services arrives
 - c) Monitor and document any physical, emotional and/or cognitive changes

8. If the Participant is conscious — remove the Participant from the activity immediately and then:
 - a) Notify the Participants emergency contact
 - b) Arrange a ride home for the Participant
 - c) Isolate the Participant in a dark room or area
 - d) Reduce external stimulus (noise, other people, etc.)
 - e) Remain with the Participant until he or she can be taken home
 - f) Monitor and document any physical, emotional and/or cognitive changes
 - g) Encourage the Participant to consult a physician