



KAWARTHA TRENT SYNCHRO CLUB CONCUSSION POLICY

Policy title:	Concussion Policy
Approval authority:	Board of Directors
Adopted:	June 20, 2019
Current version approved:	October 8, 2019

Definitions

In this Policy:

1. “*Concussion*” means a type of traumatic brain injury caused by a bump, blow or jolt to the head, face, neck or body that causes the head and brain to move rapidly back and forth and can alter the way the brain normally functions;
2. “*Concussion awareness resources*” refers to information or materials on concussion prevention, detection, reporting, and management;
3. “*Including*” means “including but not limited to”;
4. “*KTSC*” means *The Kawartha Trent Synchro Club*;
5. “*KTSC Activity*” means all KTSC business and activities over which KTSC has jurisdiction including regular training or practice time, all KTSC selection and assessment processes, KTSC-hosted camps, clinics or invitational meets, and participation in novice, provincial or national stream competitions including related training and organized group travel.
6. “*KTSC Participants*” means all persons engaged in any paid or volunteer capacity with KTSC or otherwise engaged in KTSC Activity including KTSC directors and officers, members of KTSC committees, persons volunteering with KTSC, persons employed by or under contract with KTSC, all athletes forming part of any of KTSC’s teams or routines, all athletes participating in programs or events over which KTSC has jurisdiction, and all persons working with KTSC’s teams or athletes including coaches and other support persons;
7. “*Medical professional*” means a physician or nurse practitioner;
8. “*Most Responsible Person*” means the person assigned to have final decision-making authority to remove an athlete who is suspected of having sustained a concussion. During designated practice times, the Head Coach is the Most Responsible Person and, in her absence, the designated lead coach. When the Head Coach is not present and there is no designated lead coach, the coach of the athlete who is suspected of having sustained a concussion is the Most Responsible Person.
9. “*OAS*” means *Ontario Artistic Swimming* (formerly *SSO*, or *Synchro Swim Ontario*, where any references to *SSO* or *Synchro Swim Ontario* in documents produced by this organization are understood to be references to *OAS* or *Ontario Artistic Swimming*); and
10. “*Parents*” refers to parents or guardians of athletes under 18 years of age.

Policy Statement

KTSC is committed to ensuring that athletes who are suspected to have sustained a concussion during KTSC Activity are removed from KTSC Activity until they are cleared by a medical professional and that resources needed to recognize, report, and manage a concussion injury are available to all KTSC Participants.

Purpose

The purpose of this Policy is to contribute to a safe and positive sport environment through education and by making KTSC Participants aware of synchro-specific concussion awareness resources to assist in recognizing and managing a concussion injury.

Application of This Policy

This Policy applies to all KTSC Participants at all times and wherever KTSC Activity takes place.

Responsibilities

KTSC will:

1. Ensure all KTSC Activity is properly supervised, including the use of certified lifeguards in aquatic environments;
2. Provide a link on its public website to OAS's concussion related resources;
3. Provide a copy of the OAS Synchro-Specific Concussion Guidelines to all new and returning athletes and, for athletes under 18 years of age, their parents and confirm that the athlete or parent, as appropriate, has reviewed the resource prior to registration;
4. Provide a copy of the OAS Synchro-Specific Concussion Guidelines to all coaches on or before October 15 of each year and confirm that they have reviewed the resource;
5. Ensure coaches are familiar with their responsibilities under the OAS Synchro-Specific Concussion Guidelines including how to recognize, report, and manage a concussion injury;
6. Keep a copy of the Pocket Concussion Recognition Tool on deck and available at all times to coaches;
7. Ensure the Most Responsible Person submits an incident report through the OAS Injury Tracker for all instances of suspected or confirmed concussion injury;
8. Implement OAS Synchro-Specific Return to Play Protocol for all instances of concussion injury; and
9. Modify or limit training or routine elements that put athletes in a position of high risk for concussion injury based on OAS analysis and recommendations.

The Most Responsible Person will:

1. Remove an athlete who is suspected of having sustained a concussion from further training, practice or competition;
2. Call 911 immediately if any Red Flag symptoms (outlined in the Concussion Recognition Tool) are present;
3. For athletes under 18 years of age, inform the athlete's parent of the removal and remain with the athlete until discharged to a parent or other trusted adult or EMS and, for athletes over 18 years of age, contact the athlete's emergency contact person;

4. Communicate to the athlete or, for athletes under 18 years of age, the athlete's parent the need for immediate medical assessment by a medical professional when Red Flag symptoms are not present but other concussion symptoms are reported or observed;
5. Complete an incident report through the OAS Injury Tracker immediately after a concussion is suspected or confirmed;
6. Ensure medical clearance is provided prior to beginning Step 2 of the OAS Synchro-Specific Return to Play Protocol; and
7. Ensure the OAS Synchro-specific Return to Play Protocol is implemented for all instances of concussion injury.

Failure to abide by this Policy and the protocols contained in the *OAS Synchro-Specific Concussion Guidelines* may result in disciplinary action.