

REMOVAL & RETURN TO SPORT PROTOCOLS

ROWANS LAW CONCUSSION SAFETY



Purpose

These protocols are intended to be used by any person or entity under the Huron Perth Lakers as defined under *Rowan's Law (Concussion Safety), 2018 ("Rowan's Law")*. It sets out the minimum requirements for removal-from-sport and return-to-sport protocols for athletes who have sustained a concussion or are suspected of having sustained a concussion during training, practices, or competition in accordance with *Rowan's Law* and the regulation made under that Act, O.Reg. 161/19: General.

Everyone involved in sports, including athletes, parents or guardians, coaches, team trainers, officials, teachers, and licensed healthcare professionals, can play a role in helping to prevent, identify and manage concussions. For more information on concussions and concussions in sport, please visit www.Ontario.ca/concussions.

Designated Person(s)

In accordance with the requirements set out in *Rowan's Law* and its associated regulation, every Huron Perth Lakers team is required to identify a designated person(s) as having specific responsibilities under the removal-from-sport and return-to-sport protocols. The duties for the designated person(s) may be shared between one or more individuals. If your team has more than one designated person(s), please ensure that each designate is clear about who has what responsibility under the Removal-from-Sport protocol and the Return-to-Sport protocol.

Under the Huron Perth Lakers Removal-from-Sport protocol, the designated person is responsible for:

- An athlete is immediately removed from further training, practice, or competition if the athlete has sustained a concussion or is suspected of having sustained a concussion, regardless of whether or not the concussion was sustained from a sports activity associated with the Huron Perth Lakers;
- If, in the opinion of the designated person(s), there is an emergency and any red flag signs or symptoms appear – including those resulting from a suspected concussion, call 911;
- Removal of the athlete from further training, practice, or competition; and if the athlete is under 18 years of age, the parent or guardian is informed of the removal;
- The athlete, or the parent or guardian if the athlete is under 18 years of age, is advised that the athlete is required to undergo a medical assessment by a physician or nurse practitioner before the athlete is permitted to return to training, practice, or competition according to the Huron Perth Lakers Return-to-Sport protocol;
- An athlete or, if the athlete is under 18 years of age, the athlete's parent or guardian receives the Huron Perth Lakers Removal-from-Sport and Return-to-Sport protocols as soon as possible after the athlete's removal;
- Once removed, the athlete is not permitted to return to training, practice, or competition, except in accordance with Huron Perth Lakers Return-to-Sport protocol;

Under the Huron Perth Lakers Return-to-Sport protocol, the designated person is responsible for:

- An athlete who has sustained a concussion or is suspected of having sustained a concussion does not return to training, practice, or competition until permitted to do so in accordance with the Huron Perth Lakers Return-to-Sport protocol;
- When an athlete has **not** been diagnosed with a concussion, the athlete is only permitted to return to training, practice, or competition if the athlete or, if the athlete is under 18 years of age, the athlete’s parent or guardian confirms to the designated person(s) about the outcome of the athlete’s medical assessment, specifically that the athlete:
 - has undergone a medical evaluation by the physician or nurse practitioner and has **not** been diagnosed as having a concussion, and
 - has been medically cleared to return to training, practice or competition by a physician or nurse practitioner.
- When an athlete **is** diagnosed by a physician or nurse practitioner as having a concussion, the athlete is not permitted to move on to unrestricted training, practice, or competition unless the athlete or, if the athlete is under 18 years of age, the athlete’s parent or guardian provides a confirmation of medical clearance by the physician or nurse practitioner to the designated person(s);
- An athlete is not permitted to return to training, practice, or competition through graduated Return-to-Sport steps unless the athlete or, if the athlete is under 18 years of age, the athlete’s parent or guardian has shared the medical advice or recommendations they received, if any, with the designated person(s);
- When an athlete is diagnosed by a physician or nurse practitioner as having a concussion, the athlete or, if the athlete is under 18 years of age, the athlete’s parent/guardian has been informed of the importance of disclosing the diagnosis to any other sports organization with which the athlete is registered or school that the athlete attends.

The regulation states that a designated person(s) may rely on the information received from an athlete or, if the athlete is under 18 years of age, from the athlete’s parent or guardian in fulfilling their responsibilities under the Huron Perth Lakers Return-to-Sport protocol.

The following individual(s) is/are recognized as the “designated person(s)” with respect to the Removal-from-Sport and Return-to-Sport protocols for the 2021-22 season.

Name of Designated person(s):

Removal-from-Sport Protocol

The following outlines the Removal-from-Sport protocol for immediate removal of an athlete suspected of having sustained a concussion.

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 the Huron Perth Lakers.

2. Call 9-1-1 if Emergency

Designated person(s) to call 9-1-1 if, in their opinion, doing so is necessary (e.g., if there is an emergency and any red flag signs and/or symptoms appear).

3. Inform

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

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 is permitted to return to training, practice, or competition.

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 Huron Perth Lakers 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 Huron Perth Lakers Return-to-Sport protocol.

Return-to-Sport Protocol

The following outlines the Return-to-Sport protocol for an athlete who has been removed from training, practice, or competition due to a suspected or diagnosed concussion, regardless of whether the concussion was sustained or is suspected of having been sustained during a sports activity associated with the Huron Perth Lakers.

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 confirms 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. 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.

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 are outlined in this document and provide a list of activities athletes should progress to within each step.

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 sports 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.

Graduated Return-to-Sport Steps

Step	Activities	Goal of Step	Duration
STEP 1: Symptom-limiting activities	Daily activities that do not make symptoms worse, such as moving around the home and simple chores	Gradual reintroduction of daily school and work activities	At least 24 hours
STEP 2: Light aerobic activity	Light activities such as walking or stationary bicycle at slow to medium pace for 10 to 15 minutes	Increase heart rate	At least 24 hours
STEP 3: Sport-specific exercise	Individual physical activity such as running or skating No contact or head impact activities	Add movement	At least 24 hours
STEP 4: Non-contact training, practice drills	Harder training drills Add resistance training (if appropriate)	Exercise, coordination, and increased thinking	At least 24 hours
STEP 5: Unrestricted Training & Practice	Unrestricted training and practice-with body 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
STEP 6: Return-to-Sport	Unrestricted competition		