

SAFETY CONCUSION PROTOCOL



1

Pre-Season Education Resource

- a) Every KWSC skater and their parent or legal guardian (if under 18 years of age) must review concussion education resources as part of the online registration process. These acknowledgments are housed in the KWSC online membership system.
- b) Every Coach must also review concussion education resources.

[Pre-Season Concussion Education Resource](#)
[Pre-Season Concussion Education Acknowledgement](#)

IMPACT TO THE HEAD, FACE, NECK OR BODY OCCURS

HEAD INJURY IS SUSPECTED

2

Head Injury Recognition

Coach assesses head injury: use KWSC's resource.
 'How to Recognize Concussion' tool.

Coach gives resource to skater's family.

[Skate Canada's How to Recognize a Concussion Tool](#)

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Is a more serious head or spine injury suspected?

YES

NO

Record the Incident

Make and keep a record of incidences where a skater is removed from further training, practice or competition. Coach fills out a **Region of Waterloo Accident/Incident Report** and slides it under the KWSC office door, or if on the weekend, take a picture of the report and send it to the Technical Director by email. Coach also fills out a **Skate Canada Safe Sport Injury Report**. All reports should be submitted within 24 hours of the incident. TD (or in their absence, the ED) follows up on reports within 24 hours

REMOVE FROM SPORT / PHYSICAL ACTIVITY

If an individual is suspected of sustaining a concussion and there is no concern for a more serious head or spine injury, the individual should be immediately removed from further training, practice or competition, and if the skater is under 18 years of age, the parent or guardian is informed. Once removed, the skater is not permitted to return to training, practice or competition, until written guidance is obtained from a licensed health care professional.

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Is a licensed healthcare professional present?

YES

NO

3a

Emergency Medical Assessment

An ambulance should be called immediately to transfer the individual to the nearest emergency department for further medical assessments. Inform the Customer Service Desk at the facility (if applicable) that an ambulance has been called. **Skaters' family should be notified.**

3b

Sideline Assessment

If in RIM Park, consult with parent/guardian. **Call Waterloo Sports Medicine (WSM) or VOR to see if they are available to assess the skater now.**

WSM at RIM Park
 Tel: 519-885-5684
 or
 VOR
 Tel: 519-208-0150

If WSM or VOR can see them right away, the skater can undergo a Sideline Medical Assessment by a physiotherapist. **Skaters' family should be notified.**

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Is a concussion suspected?

YES

NO

RETURN TO SPORT / PHYSICAL ACTIVITY

4

Medical Assessment

The skater must undergo a medical assessment by a licensed health practitioner to determine whether the individual has been diagnosed with a concussion or not.

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Was a concussion diagnosed?

YES

NO

RETURN TO SPORT / PHYSICAL ACTIVITY

5

Concussion Management

A skater is **not permitted to return to training, practice or competition unless the skater/parent or guardian has shared the medical clearance letter** with the coach and Technical Director. This may involve graduated [Return to Sport](#) steps.

Does the individual have persistent symptoms?*

YES

NO

6

Multidisciplinary Concussion Care

If available, individuals who experience persistent post-concussion symptoms may benefit from multidisciplinary concussion with licensed professionals trained in traumatic brain injury.

7

Return to Sport Medical Clearance

The individual must provide their coach, skating club board of directors or school administrators with a Medical Clearance Letter that specifies they are cleared to return to skate, train and/or coach.

Must be completed by: Licensed healthcare professionals such as Medical doctor and/or nurse practitioner.

Example/Template: [Medical Clearance Letter](#)

RESOURCES

For full details please review [Skate Canada's Concussion Protocol](#).

* **Persistent symptoms:** lasting > 4 weeks in children & youth or > 2 weeks in adults