

<i>Policy Name</i>	Concussion Policy
<i>Issue No.</i>	Issue 1.0
<i>Issue Date</i>	January 23, 2024

DEFINITIONS

1. The following terms have these meanings in this Policy:
 - a) “The Club” – Chilliwack Curling Club
 - b) “Curlers” – Coaches, athletes, volunteers, renters, officials and other members.

POSITION STATEMENT

2. The Chilliwack Curling Club takes seriously the health and well-being of all curlers and is committed to ensuring the safety of those participating in the sport of curling. We recognize 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 curlers.
3. As part of a responsible risk management plan, the Club has adopted these guidelines from Curling Canada and recommends that novice curlers, junior curlers and curlers who are at high risk of falling use the following; double grippers when not throwing a stone and the use of helmets or other form of head protection while on the ice. The Club recommends the use of head protection for all curlers while they are on the ice.

PURPOSE

4. The Club enacts this Policy as a tool to help manage concussed and possible concussed curlers. The Policy provides guidance in identifying common signs and symptoms of concussions, protocol to be followed in the event of a possible concussion and return to play guidelines should a concussion be diagnosed.
5. Awareness of the signs and symptoms of a concussion and knowledge of how to properly manage a concussion is critical to the recovery process.
6. A concussion is a clinical diagnosis that can only be made by a medical doctor. While we can be trained to see symptoms of a concussion, it is imperative that a medical doctor examines someone with a suspected concussion.

PROCEDURE

7. During regular league play, bonspiels, practices, Little Rockers, Junior Curlers or any other events sponsored by The Club 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 curlers or other individuals who have been involved in any of the above incidents and/or exhibit any of the above symptoms.

PROCEDURE TO FOLLOW IF A CURLER HITS THEIR HEAD ON THE ICE

8. At any time when a curler falls and hit their head on the ice, they must be removed from the ice to be assessed for a concussion and cannot return to play in that game. As long as the curler is experiencing any of the concussion symptoms they must not return to play.

Concussion symptoms can be delayed therefore it is strongly recommended that they seek the diagnosis of a medical doctor to determine if a concussion has occurred.

9. ***If the Curler is conscious*** – remove the curler from the activity immediately and:
 - a) Notify the curlers' parent (if the curler is a minor) or someone close to the curler (if the curler is not a minor).
 - b) Have a ride home for the curler arranged.
 - c) Isolate the curler into a quiet room or area.
 - d) Reduce external stimulus (noise, other people, etc.).
 - e) Remain with the curler until he or she can be taken home.

- f) Monitor and document any physical, emotional and/or cognitive changes.
- g) Encourage the consultation of a physician.

10. ***If the Curler is unconscious*** – initiate emergency action plan and call 911
 - a) If applicable, contact the child/youth's parent/guardian to inform them of the injury and their child is being transported to hospital.
 - b) Stay with the individual until Emergency Medical Services arrives.
 - c) Monitor and document any physical, emotional and/or cognitive changes.
 - d) Even if consciousness is regained, he/she needs to be examined by a medical doctor prior to the participant returning to physical activity.

INCIDENT REPORT

11. Once the injured curler has been properly attended to, an incident report shall be completed by a staff member or the Club Manager.