



Policy title:	Concussion Policy
Approval authority:	Board of Directors
Adopted:	September 1, 2019
Current version approved:	September 1, 2019

Definitions

In this Policy:

1. “*Concussion*” refers to 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*” refer to information or materials on concussion prevention, detection, reporting and management;
3. “*Including*” means including but not limited to;
4. “*Medical professional*” means a family physician, pediatrician, emergency room physician, sports-medicine physician, neurologist or nurse practitioner;
5. “*Most Responsible Person or MRP*” refers to the person assigned to have final decision-making authority to remove an athlete who is suspected of having sustained a concussion;
6. “*Parents*” refers to parents or guardians of athletes under 18 years of age;
7. “*WRASC Participants*” means all persons engaged in any paid or volunteer capacity with WRASC or otherwise engaged in Synchro Activity with WRASC (*KW Synchro Club*);
8. “*OAS*” means Ontario Artistic Swimming; and
9. “*Synchro Activity*” means all WRASC business and activities over which WRASC has jurisdiction.

Purpose

The purpose of this Policy is to contribute to a safe and positive sport environment through education and by making WRASC 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 WRASC Participants including:

1. WRASC directors, officers, committee members and volunteers;
2. WRASC employees and persons under contract with WRASC;
3. All athletes forming part of any WRASC team or routine or participating in programs or events over which WRASC has jurisdiction; and
4. All persons working with those teams or athletes, including coaches and other support persons.



This Policy applies at all times, wherever the WRASC Activity takes place. WRASC Activity includes:

1. Regular training or practice time;
2. All WRASC hosted selection and assessment processes;
3. WRASC hosted camps, clinics or invitational meets; and
4. Participation in novice, provincial or national stream competitions including related training and organized group travel.

Responsibilities

WRASC will:

1. Ensure all Synchro 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 at <https://ontarioartisticswimming.ca/about/concussion-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 by no later than October 15 of each year and confirm that they have reviewed the resource;
5. Ensure their 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 coaches are familiar with their responsibilities under the OAS Synchro-specific Concussion Guidelines including how to recognize and manage a concussion injury;
8. Assign the Most Responsible Person for removing an athlete with a suspected concussion (e.g., Head Coach or lead team coach);
9. Submit an incident report through the OAS Injury Tracker for all instances of suspected or confirmed concussion injury;
10. Implement OAS Synchro-specific Return to Play Protocol for all instances of concussion injury; and
11. 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 (MRP) has responsibility to:

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 are present (see Concussion Recognition Tool);



3. For athletes under 18 years of age, inform the parent or guardian of the removal and remain with the athlete until discharged to a parent, guardian or other trusted adult or EMS. For athletes over 18 years of age, the MRP should contact their emergency contact person;
4. Communicate to the athlete's parent or guardian 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;
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.