

# Brampton Cycling Club

## CONCUSSION POLICY



### Definitions

1. The following items have these meanings in this Code:
  - a) “Club” refers to the Brampton Cycling Club.
  - b) “Participant” – riders, members, tour leaders, and volunteers
2. The Club is committed to ensuring the safety of those participating in the sport of cycling. The Club recognizes 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 Participants.
3. This Policy provides guidance in identifying common signs and symptoms of concussion, and the protocol to be followed in the event of a possible concussion. Awareness of the signs and symptoms of concussion and knowledge of how to properly manage a concussion is critical to recovery and helping to ensure the individual is not returning to physical activities too soon, risking further complication.
4. A concussion is a clinical diagnosis that can only be made by a physician.

### Procedure

5. During all events, competitions, and practices, 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

## **Procedure** *(continued)*

- c) Identify injured Participants or other individuals who have been involved in any of the above incidents and/or exhibit any of the above symptoms.

## **Tour Leader or Accompanying Member Responsibilities**

6. If the Participant is unconscious – initiate emergency action plan, call 911, and then:
  - a) Stay with the Participant until Emergency Medical Services arrive
  - b) Monitor and document any physical, emotional and/or cognitive changes
  - c) If applicable, contact the Participant's parent/guardian to inform them of the injury and that the Participant will be attended to by Emergency Medical Services and possibly transported to a hospital.
7. If the Participant is conscious – remove the Participant from the activity immediately and then:
  - a) If the symptoms are severe, call 911
  - b) If the symptoms are mild, arrange a ride home for the Participant
  - c) If there are none of the above symptoms, but the Participant's helmet has been damaged (which means that it is no longer a CSA-approved helmet), arrange a ride home for the Participant
  - d) Remain with the Participant until EMS arrives or he or she can be taken home
  - e) Monitor and document any physical, emotional and/or cognitive changes
  - f) Encourage the Participant to consult a physician
  - g) Notify the Participant's parent/guardian (if applicable)
8. Complete and submit an OCA Sports Injury Report to the VP Touring within 12 hours of the accident.
9. A Participant with a suspected concussion, even if the Participant was not unconscious, is strongly advised to consult a physician before joining another ride with the BCC.