



Kitchener-Waterloo Skating Club Concussion Policy

The purpose of the Kitchener-Waterloo Skating Club (KWSC) Concussion Policy is to ensure a standardized best practice for KWSC members to follow in the event a skater experiences or is suspected of experiencing a concussion. This policy serves to protect skaters from brain injuries, manage successful and safe returns to the sport, and obtain the appropriate medical clearance before returning to skating activities.

The Kitchener-Waterloo Skating Club is committed to the health and safety of our skaters. As such, we require that every precaution be taken before a skater who has suffered a suspected or identified head injury be returned to any skating related activity.

Background

For reference, a skating activity is defined as any on or off ice actions involving physical activity. Concussions are an inherent risk when participating in sport, and skating is no exception.

- A concussion may be sustained through a variety of mechanisms. A direct blow to the head, blow to the jaw, sudden twisting or shearing force and a sudden deceleration of the head (similar to a “whiplash” – type injury) can all produce concussive signs and symptoms.
- A concussion is the most common type of traumatic brain injury.
- A concussion is caused when the brain receives trauma from an impact or a sudden momentum or movement change. The blood vessels in the brain may stretch and cranial nerves may be damaged.
- A person may or may not experience a brief loss of consciousness (not exceeding 20 minutes). A person may remain conscious, but feel “dazed” or “punch drunk”.
- A concussion may or may NOT show up on a diagnostic imaging test, such as x-rays, CAT Scans and MRIs.
- Skull fracture, brain bleeding, or swelling may or may not be present. Therefore, concussion is sometimes defined by exclusion and is considered a complex neurobehavioral syndrome.
- A concussion can result in permanent or temporary damage.
- A blood clot in the brain can occur occasionally and be fatal.
- It may take a few months to a few years for a concussion to heal.

Any skater who suffers a SUSPECTED concussion must stop participation in the skating activity immediately. If there is doubt as to whether a concussion has occurred, it is to be assumed that it has occurred and the skater's parents/guardian will be required to have the injury properly diagnosed at a hospital or medical clinic ASAP.

AND

Any skater who is diagnosed by a medical Doctor with a concussion must stop participation in all skating activities immediately.

2. Coaches are responsible to recommend to the individual's parent or guardian that they seek medical attention immediately, especially if the injury occurred during any form of skating participation. If anyone (coach, parent, or athlete) suspects a concussion has occurred, the coach will remove the skater and shall not return him/her for the remainder of the session - regardless of any external pressures from, but not limited to the skater's parent/guardian.

3. The skater is not permitted to return to any skating activity until written permission is given by a SPORTS MEDICINE DOCTOR. A sport medicine doctor is more equipped to manage and guide treatment of a concussed athlete as opposed to a general practitioner/family doctor. As such, KWSC requires written permission from a sport medicine doctor prior to allowing the athlete to return to any skating related activities.

4. Copies of such documentation MUST be submitted to the KWSC Office prior to the skater return to any skating activity.



The following information is confidential and will only be used to assist in the skater's safe return to skating activities.

Name of Skater

Is able to return following injuries sustained on

Date

Considerations/Restrictions with respect to returning to skate:

Personal Information used, disclosed, secured or retained by The Kitchener-Waterloo Skating Club will be held safely for the purposes for which we collect it.

Name of Treating Sport Medicine Physician

Signature

Date: _____

Client Name: _____

Clinic Phone Number: _____

Clinic Address: _____

Suggested local sport medicine clinics:

Waterloo Sport Medicine Centre
65 University Avenue East, Waterloo
519-746-2220

Grand River Sport Medicine Clinic
700 Strasburg, Kitchener
519-571-7111

Physiotherapy Alliance
276 Huron Street, Stratford
519-272-1023