

Cataraqui Golf and Country Club, Limited
Statement of Policy and Procedure RE: Concussion

1 SCOPE

1.0 This statement of Policy and Procedure applies to all employees, volunteers, subcontractors and members of The Cataraqui Golf and Country Club, Limited or anyone involved in sport & recreational activities at The Cataraqui Golf and Country Club, Limited.

2 POLICY

2.01 The Cataraqui Golf and Country Club, Limited takes, seriously, the health and well-being of all members, staff and guests and is committed to ensuring the safety of those participating in the activities at the Club. The Cataraqui Golf and Country Club, Limited 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. As part of a responsible risk management plan, The Cataraqui Golf and Country Club, Limited has adopted: the Canadian Curling Associations Concussion Guidelines, Government of Ontario Rowan's Law Concussion Awareness Resource and Return to Play policy. The Cataraqui Golf and Country Club, Limited recommends the following:

- use of double grippers (when not delivering a stone)
- helmets (or other approved head protection) by novice curlers, or curlers who are at high risk of falling.

3 PURPOSE

3.01 The Cataraqui Golf and Country Club, Limited enacts this policy as a tool to help manage concussed and possible concussed participants. The policy provides guidance in identifying common signs and symptoms of concussion, protocol to be followed in the event of a possible concussion, and return to play guidelines should a concussion be diagnosed. 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. Please keep in mind that a concussion is a clinical diagnosis that can only be made by a medical doctor. It is imperative that a medical doctor examines someone with a suspected concussion.

4 RESPONSIBILITIES

4.01 It is the responsibility of the Board of Directors and Manager to keep this policy updated and available on the club's website and make mention of this policy during registration and training sessions.

4.02 Responsibility of each person entering onto the ice surface to ensure they have the appropriate equipment (grippers, head gear, etc.) to protect them from slipping and falling and to be aware of their surroundings and watch where they are walking.

4.03 If a participant has been identified as having a suspected concussion, that participant and/or coach, supervisor, team members or any other witness will notify the Club Manager, including the participants parent/guardian (when appropriate) as well as any other individual listed on the emergency contact sheet.

5 **DEFINITIONS**
5.01 “Association” means Curling Canada.

5.02 “Participants” includes Coaches, athletes, volunteers, renters, officials and other members.

5.03 “Subcontractors” includes, any trade person hired to complete or quote work for the organization.

6.0 **CONCUSSION GUIDELINES – From the Ministry of Tourism, Culture and Sport**

COMMON SIGNS AND SYMPTOMS OF CONCUSSION:

Following a blow to the head, face or neck, or a blow to the body that transmits a force to the head, a concussion should be suspected in the presence of any one or more of the following signs or symptoms:

Possible Signs Observed <i>A sign is something that will be observed by another person (e.g., parent/guardian, teacher, coach, supervisor, peer).</i>	Possible Symptoms Reported <i>A symptom is something the student will feel/report.</i>
<p>Physical</p> <ul style="list-style-type: none"> • vomiting • slurred speech • slowed reaction time • poor coordination or balance • blank stare/glassy-eyed/dazed or vacant look • decreased playing ability • loss of consciousness or lack of responsiveness • lying motionless on the ground or slow to get up • amnesia • seizure or convulsion • grabbing or clutching of head <p>Cognitive</p> <ul style="list-style-type: none"> • difficulty concentrating • easily distracted • general confusion • cannot remember things that happened before and after the injury • does not know time, date, place, class, type of activity in which he/she was participating • slowed reaction time (e.g., answering questions or following directions) <p>Emotional/Behavioural</p> <ul style="list-style-type: none"> • strange or inappropriate emotions (e.g., laughing, crying, getting angry easily) <p>Sleep Disturbance</p> <ul style="list-style-type: none"> • drowsiness • insomnia 	<p>Physical</p> <ul style="list-style-type: none"> • headache • pressure in head • neck pain • feeling off/not right • ringing in the ears • seeing double or blurry/loss of vision • seeing stars, flashing lights • pain at physical site of injury • nausea/stomach ache/pain • balance problems or dizziness • fatigue or feeling tired • sensitivity to light or noise <p>Cognitive</p> <ul style="list-style-type: none"> • difficulty concentrating or remembering • slowed down, fatigue or low energy • dazed or in a fog <p>Emotional/Behavioural</p> <ul style="list-style-type: none"> • irritable, sad, more emotional than usual • nervous, anxious, depressed <p>Sleep Disturbance</p> <ul style="list-style-type: none"> • drowsy • sleeping more/less than usual • difficulty falling asleep

- Additional Information:**
- Signs/symptoms can appear right after the injury, or may appear within hours or days of the injury.
 - The signs/symptoms may be different for everyone.
 - An individual may be reluctant to report symptoms because of a fear that they will be removed from the activity, or their status on a team or in a game could be jeopardized.
 - It may be difficult for younger children (under the age of 10) and those with special needs or where English/French is not their first language to communicate how they are feeling.
 - Signs for younger children (under the age of 10) may not be as obvious as in older children/adults.

*These Informational Guidelines have been prepared for general informational purposes only. They are not intended to and do not constitute any medical advice and do not contain any medical diagnoses, symptom assessment, or medical opinions.

- 6.01** **If the participant is unconscious:**
- a) Initiate emergency action plan and call 911
 - b) If applicable, contact the child/youth’s parent/guardian to inform them of the injury and their child is being transported to hospital
 - c) Stay with the individual until Emergency Medical Services arrives

d) Monitor and document any physical, emotional and/or cognitive changes

e) Even if consciousness is regained, he/she needs to be examined by a medical doctor prior to the participant returning to physical activity

6.02 If the participant is conscious:

a) Remove the participant from the activity immediately and;

b) Notify the participant's parent (if the participant is a minor) or someone close to the participant (if the participant is not a minor)

c) Have a ride home for the participant arranged

d) Isolate the participant into a dark room or area

e) Reduce external stimulus (noise, other people, etc.)

f) Remain with the participant until he or she can be taken home

g) Monitor and document any physical, emotional and/or cognitive changes

h) Encourage the consultation of a physician

6.03 INCIDENT REPORT: Once the injured participant has been properly attended to, the incident report shall be completed and filed with The Catarqui Golf and Country Club, Limited.

6.04 RETURN TO PLAY: Once the participant's immediate needs have been met, the participant's family or the participant should be directed to the following protocol, in accordance with the following guidelines:

A. If no concussion is diagnosed: the participant may return to play for the next game, or during the same game according to the rules of curling.

B. If a concussion is diagnosed: the participant should only return to the activity after being assessed and provide the Club proof of medical clearance by a physician.

6.05 NON-COMPLIANCE: Failure to abide by any of the guidelines and/or protocols contained within this policy may result in disciplinary action being taken by The Catarqui Golf and Country Club, Limited.

7 Attachments:

A. Catarqui Golf and Country Club Incident Report

B. Rowan's

C. Rowan's Receipt of Acknowledgement

