



Removal and Return to Sport Protocols

A. Removal-from-Sport Protocol

The following outlines a process for immediate removal of a participant who is suspected of having sustained a concussion.

1. Remove the Participant

Designated person(s) to immediately remove the participant from further training, practice or competition if the participant has sustained a concussion or is suspected of having sustained a concussion regardless of whether the concussion or suspected concussion was sustained from an activity associated with the Beaverton Curling Club

2. Call 9-1-1 if Emergency

Designated person(s) to call 9-1-1 if in their opinion, doing so is necessary (e.g., if there is an emergency and any red flag signs and/or symptoms appear).

3. Inform

If the participant is under 18 years of age, Designated person(s) to inform the participant's parent or guardian about the removal from further training, practice or competition.

A medical assessment determines whether the participant has a concussion. An participant will not be permitted to return to training, practice or competition until they receive medical clearance by a physician or nurse practitioner to do so.

Designated person(s) to advise the participant, or the parent or guardian if the participant is under 18 years of age, that the participant is required to undergo a medical assessment by a physician or nurse practitioner before the participant will be permitted to return to training, practice or competition.

4. Give Protocols

Designated person(s) to provide the participant or, if the participant is under 18 years of age, the participant's parent or guardian with the Beaverton Curling Club's Removal from Sport and Return to Sport protocols as soon as possible after the participant has been removed from further training, practice or competition.

5. Record the Incident

Make and keep a record of incidences where an participant is removed from further training, practice or competition because they are suspected of having sustained a concussion regardless of whether the participant is later diagnosed with a concussion.



The sport organization must limit the collection, use, and disclosure of personal information to that which is reasonably necessary for the purpose of carrying out the sport organization's protocols, and to limit access to such personal information to only those individuals who require it for the purpose of fulfilling their duties or obligations under the Act. Personal information collected under this protocol shall be retained, disclosed and disposed of in a secure manner and in accordance with the sport organization's personal information retention policy. The sport organization shall create a retention policy for personal information.

6. Returning to Training, Practice or Competition

Once removed, the participant is not permitted to return to training, practice or competition, except in accordance with the Beaverton Curling Club's Return to Sport protocol.



B. Return to Sport Protocol

The following outlines a return-to-sport process for an participant who has been removed from training, practice or competition due to a suspected or diagnosed concussion, regardless of whether or not the concussion was sustained or is suspected of having been sustained during a sport activity associated with the Beaverton Curling Club

1. Receive Confirmation

Ensure that an participant who has sustained a concussion or is suspected of having sustained a concussion does not return to training, practice or competition until the participant or, if the participant is under 18 years of age, the participant's parent or guardian provides confirmation to the designated person(s) that the participant:

- a) Has undergone a medical assessment by a physician or nurse practitioner and has not been diagnosed as having a concussion, and
- b) Has been medically cleared to return to training, practice or competition by the physician or nurse practitioner.

2. If Diagnosed with Having A Concussion

If an participant has been diagnosed by a physician or nurse practitioner as having a concussion the participant must proceed through the graduated return to sport steps.

3. Graduated Return to Sport Steps

It is important to note that typical recovery times vary from person to person, and that some individuals may require more time to progress through the graduated return to sport steps.

The graduated return to sport steps may include the following activities. It is typically recommended that an participant with concussion rest for 24 to 48 hours before beginning step 1.



	Activities	Goal of Step	Duration
STEP 1: Symptom-limiting activities	Daily activities that don't make symptoms worse, such as moving around the home and simple chores	Gradual reintroduction of daily school, and work activities	At least 24 hours
STEP 2: Light aerobic activity	Light activities such as walking or stationary bicycle at slow to medium pace for 10 to 15 minutes	Increase heart rate	At least 24 hours
STEP 3: Sport-specific exercise	Individual physical activity such as running or skating No contact or head impact activities	Add movement	At least 24 hours
STEP 4: Non-contact training, practice drills	Harder training drills Add resistance training (if appropriate)	Exercise, coordination and increased thinking	At least 24 hours
STEP 5: Unrestricted Training & Practice	Unrestricted training and practice-with contact where applicable	Restore confidence and assess functional skills	At least 24 hours Obtain clearance from physician or nurse practitioner before unrestricted training, practice or competition
STEP 6: Return-to-Sport	Unrestricted competition		

An participant is typically ready to progress to the next step when they can do the activities at their current step without new or worsening symptoms. If at any step symptoms get worse, they should stop and return to the previous step before trying again. If symptoms do not improve or if the symptoms continue to worsen, the participant should return to the physician or nurse practitioner.

4. Share Medical Advice

An participant, or the participant's parent or guardian must share the medical advice or recommendations they receive with the designated person(s) before being permitted to return to training, practice or competition through the graduated return-to-sport steps, if any.

5. Disclosing Diagnosis

The designated person(s) must inform the participant or, if the participant is under 18 years of age, the participant's parent or guardian of the importance of disclosing the diagnosis to any other sport organization with which the participant is registered or school that the participant attends.



6. Medical Clearance

The participant, or the participant's parent or guardian must provide the designated person(s) a confirmation of medical clearance by a physician or nurse practitioner before the participant is permitted to move on to unrestricted training, practice or competition.

7. Record Progression

The sport organization must make and keep a record of the participant's progression through the graduated return-to-sport steps until the participant, or the participant's parent or guardian, has provided a confirmation of medical clearance by a physician or nurse practitioner to the designated person(s).

The sport organization must limit the collection, use, and disclosure of personal information to that which is reasonably necessary for the purpose of carrying out the sport organization's protocols, and to limit access to such personal information to only those individuals who require it for the purpose of fulfilling their duties or obligations under the Act. Personal information collected under this protocol shall be retained, disclosed and disposed of in a secure manner and in accordance with the sport organization's personal information retention policy. The sport organization shall create a retention policy for personal information.



C. Designated Person(s)

In accordance with the requirements set out in *Rowan's Law* and its associated regulation, every sport organization is required to identify a designated person(s) as having specific responsibilities under the removal-from-sport and return-to-sport protocols. The responsibilities for the designated person(s) may be shared between one or more individuals. If your sport organization has more than one designated person(s), please ensure that each designate is clear about who has what responsibility under the Removal-from-Sport protocol and the Return-to-Sport protocol.

Under the Removal from Sport protocol for The Beaverton Curling Club, the designated person(s) is/are responsible for ensuring that:

- An participant is immediately removed from further training, practice or competition if the participant has sustained a concussion or is suspected of having sustained a concussion, regardless of whether or not the concussion was sustained from a sport activity associated with the Beaverton Curling Club.
- If in the opinion of the designated person(s), there is an emergency and/or any red flag signs and/or symptoms appear – including those resulting from a suspected concussion, call 911;
- Removal of the participant from further training, practice or competition; and if the participant is under 18 years of age, the parent or guardian is informed of the removal;
- The participant, or the parent or guardian if the participant is under 18 years of age, is advised that the participant is required to undergo a medical assessment by a physician or nurse practitioner before the participant will be permitted to return to training, practice or competition according to the Return to Sport protocol for the Beaverton Curling Club.
- An participant or, if the participant is under 18 years of age, the participant's parent or guardian receives the Removal-from-Sport and Return-to-Sport protocols for the Beaverton Curling Club as soon as possible after the participant's removal;
- Once removed, the participant is not permitted to return to training, practice or competition, except in accordance with The Beaverton Curling Club Return to Sport protocol;



Under the Return to Sport protocol for the Beaverton Curling Club, the designated person(s) is/are responsible for ensuring that:

- An participant who has sustained a concussion or is suspected of having sustained a concussion does not return to training, practice or competition until permitted to do so in accordance with the Beaverton Curling Club Return to Sport protocol;
- When an participant has **not** been diagnosed with a concussion, the participant is only permitted to return to training, practice or competition if the participant or, if the participant is under 18 years of age, the participant's parent or guardian provides confirmation to the designated person(s) about the outcome of the participant's medical assessment, specifically that the participant:
 - has undergone a medical assessment by the physician or nurse practitioner and has **not** been diagnosed as having a concussion, and
 - has been medically cleared to return to training, practice or competition by a physician or nurse practitioner;
- When an participant **is** diagnosed by a physician or nurse practitioner as having a concussion, the participant is not permitted to move on to unrestricted training, practice or competition unless the participant or, if the participant is under 18 years of age, the participant's parent or guardian provides a confirmation of medical clearance by the physician or nurse practitioner to the designated person(s);
- An participant is not permitted to return to training, practice or competition through the Beaverton Curling Club's graduated Return to Sport steps unless the participant or, if the participant is under 18 years of age, the participant's parent or guardian has shared the medical advice or recommendations they received, if any, with the designated person(s);
- When an participant is diagnosed by a physician or nurse practitioner as having a concussion, the participant or, if the participant is under 18 years of age, the participant's parent/guardian has been informed of the importance of disclosing the diagnosis to any other sport organization with which the participant is registered or school that the participant attends.

The regulation states that a designated person(s) may rely on the information received from an participant or, if the participant is under 18 years of age, from the participant's parent or guardian in carrying out their responsibilities under the Beaverton Curling Club's Return to Sport protocol.



The following individual(s) is/are recognized by The Beaverton Curling Club as the “designated person(s)” with respect to Removal-from-Sport and Return-to-Sport protocols for the Beaverton Curling Club.

Name of Designated person(s): Lee-Anne Dyke

Date: May 3, 2021

Term of designation: One year