

Ontario Sailing

Concussions



Removal from Sport Procedures

We are concerned about the long term health of all our participants. We have instituted a Concussion Management Policy to help protect their health and in compliance with Ontario's Rowan's Law.

The policy is that if any individual suffers any kind of injury where there is potential for there to have been direct or indirect force to the head, neck, face, or upper body and is experiencing or demonstrating any concussion related signs or symptoms, the individual will be removed from activity immediately.

The designated person to make this decision will be the coach and/or regatta host. In the case of a suspected concussion, the individual may not be in a condition to assess themselves or make appropriate decisions. The decision will be made erring on the side of caution in support of the long term health of the participant.

For individuals under 18, all suspected concussions or situations that occurred that potentially could result in a concussion will be reported to their guardian. The guardian should monitor the individual for delayed signs and symptoms for the next 72 hours.

All individuals of any age with a suspected concussion should see to a medical doctor (or nurse practitioner) for medical assessment and diagnosis.

A CONCUSSION is a serious event, but you can recover fully from such an injury if the brain is given enough time to rest and recuperate. Returning to normal activities, including sport participation, is a stage-wise process that requires patience, attention, and caution.

*If diagnosed with a concussion, please turn over for a sailing specific return to sport protocol. Remember that each stage of the return protocol must take a **minimum of one day** but could last longer, depending on the athlete and their specific situation.*

*For more information and Ontario Sailing's full Concussion Policy please go to:
www.ontariosailing.ca/concussion-information/*



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Return to Sport Protocol

If you are diagnosed with a concussion, follow the stages to return under medical guidance

STAGE 1: Symptom limited activity – Goal: A gradual reintroduction of activity

After an initial short period of rest of 24-48 hours, light cognitive and physical activity can be initiated as long as they don't worsen symptoms. A physician, preferably one with experience managing concussions, should be consulted before beginning a step-wise return to learn and return to sport strategy.

STAGE 2: Light aerobic exercise – Goal: Increased heart rate

Activities such as walking or stationary cycling. The athlete should be supervised by someone who can help monitor for symptoms and signs. No resistance training or weight lifting. The duration & intensity of the aerobic exercise can be gradually increased over time if no symptoms or signs return during the exercise or the next day.

Symptoms? Return to previous stage and only engage in activities as tolerated. If symptoms persist consult a physician.

No symptoms? Proceed to Step 3 after 24 hours.

STAGE 3: More diverse Cardio– Goal: Add movement

Activities such as light indoor rowing & active yoga can begin at step 3. There should be no jarring motions such as high speed stops or hitting a baseball.

Symptoms? Return to previous stage and only engage in activities as tolerated. If symptoms persist consult a physician.

No symptoms? Proceed to Step 4 after 24 hours.

STAGE 4: Building upon cardio with increased cognitive challenges

Goal: Exercise, coordination, & increased thinking

Activities such as knot tying, boat rigging and resistance training can be added to activities from previous stages.

Symptoms? Return to previous stage and only engage in activities as tolerated. If symptoms persist consult a physician.

No symptoms? The time needed to progress will vary with the severity of the concussion and with the athlete. **Proceed to Step 5 only after medical clearance.**

STAGE 5: On water practice, once cleared by a doctor – Goal: Restore confidence and assess functional skills by coaching staff

Coaches and instructors will allow return to the water in gradually challenging conditions.

Symptoms? Return to previous stage and only engage in activities as tolerated. If symptoms persist consult a physician.

No symptoms? Proceed to Step 6 after minimum of two on water situations without symptoms.

STAGE 6: Competition

Return to sport with normal activities