

Concussion Recognition and Response Policy

Purpose

The purpose of this policy is to assist participants in Triathlon NL activities and events in recognizing occasions when a concussion may have occurred and the appropriate response to such an occurrence.

Scope

This policy applies to athletes, coaches, officials, event organizers, training leaders, and parents.

Reason for Policy

Sport-related concussion (SRC) is defined as a “traumatic brain injury induced by biomechanical forces”. SRC may be caused either by a direct blow to the head, face, neck or elsewhere on the body with an impulsive force transmitted to the head.

Athletes who have experienced SRC which goes unrecognized, or improperly treated, risk long-term neurological and related health consequences, including even death.

Recognition of the effects of SRC has resulted in legislation such as Rowan’s Law in Ontario and policy and protocols at the international and national sporting levels.

Triathlon NL is committed to the safe and healthy training and competition of its members.

Policy

1. Triathlon NL will provide, on an annual, pre-season basis, concussion education information to all coaches, officials, event organizers, clubs, and members. Educational information will include:
 - a. this policy
 - b. the definition of concussion
 - c. possible mechanisms of injury particular to triathlon
 - d. common signs and symptoms (Concussion Recognition Tool)
 - e. what to do when an injury is suspected
 - f. return to sport medical clearance requirements.
2. Any athlete who sustains an impact to the head, face, neck, or body and demonstrates ANY of the signs of a suspected concussion, or reports ANY symptoms of a suspected concussion, or is witnessed by anyone to exhibit ANY such symptoms, **must be immediately removed from the activity**. Any athlete exhibiting symptoms of a severe head or neck injury should be referred to emergency medical personnel for immediate attention.
3. The event organizer, an official, or an activity leader or coach must report any athlete who has been removed for possible concussion to Triathlon NL.
4. Any athlete removed from an activity may only return to training and competition after receiving an independent medical clearance. Under no circumstances will an athlete be allowed to resume the same race, event, or activity from which they have been removed.
5. An athlete removed from an activity should work with medical professionals using established protocols for concussion management for return to sport (assuming a concussion has been sustained and when experiencing continued symptoms).