



# Georgian Bay Coyotes Track Club



The following individual is recognized by The Georgian Bay Coyotes Track Club as the “designated person(s)” with respect to Removal-from-Sport and Return-to-Sport protocols for the Georgian Bay Coyotes Track Club:

Name of Designated person(s):

Steven Leary (Head Coach)

Date: January 1, 2022

Term of designation:

Indefinitely, as Head Coach of the Georgian Bay Coyotes Track Club.



# Georgian Bay Coyotes Track Club



## Removal-from-Sport Protocol

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

### 1. Remove the Athlete

Designated person(s) to immediately remove the athlete from further training, practice or competition if the athlete 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 Georgian Bay Coyotes Track 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 athlete is under 18 years of age, designated person(s) to inform the athlete's parent or guardian about the removal from further training, practice or competition.

A medical assessment determines whether the athlete has a concussion. An athlete 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 athlete, or the parent or guardian if the athlete is under 18 years of age, that the athlete is required to undergo a medical assessment by a physician or nurse practitioner before the athlete will be permitted to return to training, practice or competition.

### 4. Give Protocols

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

### 5. Record the Incident

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

The Georgian Bay Coyotes Track Club will limit the collection, use, and disclosure of personal information to that which is reasonably necessary for the purpose of carrying out the 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.

### 6. Returning to Training, Practice or Competition

Once removed, the athlete is not permitted to return to training, practice or competition, except in accordance with the Georgian Bay Coyotes Track Club Return-to-Sport protocol.



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## Return-to-Sport Protocol

The following outlines a return-to-sport process for an athlete 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 Georgian Bay Coyotes Track Club.

### 1. Receive Confirmation

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

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

### 3. Graduated Return-to-Sport Steps

The Georgian Bay Coyotes Track Club recommends that an athlete with a concussion rest for 24 to 48 hours before beginning Step 1. The graduated return-to-sport steps include the following activities which must be adhered to for at least the minimum duration listed and must be satisfied before proceeding to the next step.

	Activities	Goal of Step	Duration
<b>STEP 1:</b> 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
<b>STEP 2:</b> 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
<b>STEP 3:</b> Sport-specific exercise	Individual physical activity such as running or skating No contact or head impact activities	Add movement	At least 24 hours
<b>STEP 4:</b> Non-contact training, practice drills	Harder training drills Add resistance training (if appropriate)	Exercise, coordination and increased thinking	At least 24 hours
<b>STEP 5:</b> Unrestricted Training & Practice	Unrestricted training and practice	Restore confidence and assess functional skills	At least 24 hours Obtain clearance from physician or nurse practitioner before unrestricted training.
<b>STEP 6:</b> Return-to-Sport	Unrestricted competition		



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An athlete 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 athlete should return to the physician or nurse practitioner.

## **4. Share Medical Advice**

An athlete, or the athlete'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 athlete or, if the athlete is under 18 years of age, the athlete's parent or guardian of the importance of disclosing the diagnosis to any other sport organization with which the athlete is registered or school that the athlete attends.

## **6. Medical Clearance**

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

## **7. Record Progression**

The Georgian Bay Coyotes Track Club will make and keep a record of the athlete's progression through the graduated return-to-sport steps until the athlete, or the athlete's parent or guardian, has provided a confirmation of medical clearance by a physician or nurse practitioner to the designated person(s).

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