

SILVER SPOKES CYCLING CLUB	Revision 1
CONCUSSION AND RETURN TO RIDE POLICY	April 2022

1. Definitions

“SSCC” – The Silver Spokes Cycling Club

“Member” – An individual who has chosen to join the SSCC and has fully paid the annual fee

“Participant” – An individual who is taking part in an SSCC sanctioned cycling event

“Directors” – Those Members who have been elected or appointed to the Board of Directors for the current calendar year in accordance with the relevant provisions of By Law No. 4

2. Purpose

SSCC is committed to ensuring the safety of those participating in the sport of cycling. SSCC recognizes the increased awareness of concussions and their long-term effects.

This Policy provides guidance in identifying common signs and symptoms of concussion, a protocol to be followed in the event of a suspected concussion, and return to participation guidelines should a concussion be diagnosed. Awareness of the signs and symptoms of concussion, and knowledge of how to properly manage a concussion, are critical to recovery and helping to ensure the individual is not returning to physical activities too soon, risking further complication.

A concussion is a clinical diagnosis that can only be made by a physician.

3. Concussion Causes, Signs and Symptoms

Members will use their best efforts to:

- a) Be aware of incidents that may cause a concussion, such as:
 1. Falls
 2. Accidents
 3. Collisions
 4. Head trauma – (blow to the head, face or neck, or a blow to the body that transmits a force to the head)

- b) Recognize and understand the symptoms that may result from a concussion. These may appear immediately after the injury or within hours or days of the injury and may be different for everyone. Some common signs and symptoms include, but are not limited to:
 1. Nausea
 2. Poor concentration
 3. Amnesia

SILVER SPOKES CYCLING CLUB	Revision 1
CONCUSSION AND RETURN TO RIDE POLICY	April 2022

4. Fatigue
5. Sensitivity to light or noise
6. Irritability
7. Poor appetite
8. Decreased memory
9. Poor balance
10. Slowed reaction time

c) Identify injured Participants or other individuals who have been involved in any of the above incidents or exhibit any of the above symptoms.

4. Protocol

Participants should carry emergency contact information with them at all times while on a ride.

Immediately following an accident where a concussion occurs or is suspected, the Ride Leader, or someone from the remaining group of Participants, shall initiate the Emergence Response Procedure and ensure that the following actions are taken:

- a) If the Participant is **unconscious**:
 1. Call 911 immediately to request Emergency Medical Services
 2. If applicable, contact the Participant's emergency contact to inform them of the injury and that the Participant will be attended to by Emergency Medical Services.
 3. Stay with the Participant until Emergency Medical Services arrives

- b) If the Participant is **conscious**:
 1. Remove the Participant from the activity as soon as possible if it is deemed safe to do so, (i.e. no other serious injuries that would prevent moving the Participant)
 2. Contact Emergency Medical Services (call 911) if additional medical support is required
 3. Notify the Participant's emergency contact
 4. If no other emergency medical care is required, arrange for a ride home for the Participant
 5. Reduce external stimulus (noise, other people, etc.)
 6. Remain with the Participant until he or she can be taken home or until EMS arrives
 7. Encourage the Participant to consult a physician or qualified health care professional at the earliest opportunity

SILVER SPOKES CYCLING CLUB	Revision 1
CONCUSSION AND RETURN TO RIDE POLICY	April 2022

The Ride Leader, or someone from the remaining group of Participants designated by the Ride Leader, shall contact the Board of Directors of the SSCC as soon as practical (e.g. immediately or at the conclusion of the ride) via telephone or email at silverspokes1939@gmail.com, advising them of the incident.

The Ride Leader shall download and complete an OCA Sport Injury Report Form. This can be found at: <http://www.ontariocycling.org> (About>Forms Literature & Policies>Organizers Form>Incident Report). The form must be submitted to the OCA office by the Ride Leader. One form must be submitted per individual involved.

5. Medical Clearance for Return to Riding

A Participant with a suspected concussion, even if the Participant was **not** unconscious, cannot participate in SSCC sanctioned rides until they are cleared by their physician or qualified health care professional, and have provided the SSCC with documentation stating this as such. The Participant with a suspected concussion shall deliver or email this correspondence to the SSCC at silverspokes1939@gmail.com.

6. Non Compliance

Failure to abide by the guidelines and protocols contained within this policy may result in disciplinary action in accordance with the SSCC Complaint Review and Resolution Policy.