

## CONCUSSION POLICY

### 1. DEFINITIONS

The following terms have these meanings in this Policy:

- a) **“Activity”** means all Triathlon Canada business and activities;
- b) **“Athlete”** refers to any minor or adult registrant participating in an Activity;
- c) **“Coach”** means any registrant who instructs technical & tactical skills on a regular basis which is a specific level of coach who teaches the recreational programming;
- d) **“Concussion”** refers to a type of traumatic brain injury caused by a bump, blow or jolt to the head, face, neck or body that causes the head and brain to move rapidly back and forth and can alter the way the brain normally functions leading to signs or symptoms that can be physical (e.g., headache, dizziness), cognitive (e.g., difficulty concentrating or remembering), emotional or behavioural (e.g., depression, irritability) or related to sleep (e.g., drowsiness, poor quality of sleep);
- e) **“Concussion Awareness Resources”** refer to information or materials on concussion prevention, detection, reporting and management;
- f) **“Concussion Diagnosis”** refers to a clinical diagnosis made by a medical doctor or nurse practitioner;
- g) **“Canadian Olympic and Paralympic Sport Institute Network Sport Related Concussion Guidelines for Canadian National and National Development High Performance Athletes”** refers to the companion document to this Policy that helps inform and guide the management of Triathlon athletes through a sport-related concussion;
- h) **“Concussion Recognition Tool 5” or “CRT5”** is the most recent revision of the Pocket Sport Concussion Assessment Tool that was introduced by the Concussion in Sport Group in 2005. The CRT5 is designed to assist non-medically trained individuals to recognize the signs and symptoms of possible sport-related concussion and provides guidance on removing an athlete from sport and seeking medical attention.
- i) **“Designated Person”** refers to the person assigned to have final decision-making authority to remove an athlete who is suspected of having sustained a concussion from further training, practice or competition. At a minimum, the Designated Person must be 18 years or older and must have read the Triathlon Canada Concussion Policy, the Canadian Olympic and Paralympic Sport Institute Network Sport Related Concussion Guidelines for Canadian National and National Development High Performance Athletes and taken the CAC Making Headway in Sport.
- j) **“Including”** means including but not limited to;
- k) **“Licensed healthcare professional”** means a healthcare provider who is licensed by a national-professional regulatory body to provide concussion-related healthcare services that fall within their licensed scope of practice. Examples include medical doctors, nurse practitioners, physiotherapists, athletic therapists, and chiropractors;<sup>1</sup>

<sup>1</sup> Among licensed healthcare professionals, only medical doctors and nurse practitioners are qualified to conduct a comprehensive medical assessment and provide a concussion diagnosis in Canada. The types of medical doctors qualified to do such an evaluation are: Pediatricians, family medicine doctors, sport medicine doctors, internal medical doctors, orthopedic surgeons, emergency department and rehabilitation (physiatrists) physicians; neurologists and neurosurgeons.

- l) **“Medical Assessment”** means the evaluation of an individual by a licensed healthcare professional to determine the presence or absence of a concussion.
- m) **“Member”** means any Provincial Sport Organization registered with Triathlon Canada;
- n) **“Minor”** refers to any person under 18 years of age;
- o) **“Officials”** refers to all registrant umpires, including line judges, and referees;
- p) **“Parents”** refers to parents or guardians of minors;
- q) **“Participants”** means all persons engaged in any paid or volunteer capacity with Triathlon Canada or its Members or affiliated clubs;
- r) **“PSO or Provincial Sport Organization”** refers to a provincial organization Member that is responsible for the management of Triathlon within its provincial or territorial boundaries;
- s) **“Registrant”** means any club or individual that has fulfilled the requirements of registration as required by Triathlon Canada and has paid any associated registration fees to Triathlon Canada. A complete list of Registrant categories can be found in the Triathlon Canada By-laws and related Triathlon Canada Registration Policy; and
- t) **“Sport-related Concussion”** refers to a concussion injury sustained during a triathlon activity.

## 2. APPLICATION

This Policy applies to Triathlon Canada and Registrants and Participants. It applies at all times wherever an Activity takes place, including Triathlon Canada workplaces as well as external locations in Canada and abroad and includes all events and activities sanctioned by Triathlon Canada.

This Policy recognizes that jurisdictions across Canada have legislation that governs the management of concussions within their jurisdiction. Government legislation may supersede aspects of the policy. Failure to abide by this Policy and the protocols contained in the Canadian Olympic and Paralympic Sport Institute Network Sport Related Concussion Guidelines for Canadian National and National Development High Performance Athletes may result in disciplinary action in accordance with the Triathlon Canada Code Conduct.

## 3. PURPOSE

The purpose of this Policy is to provide the framework to create a safe and positive sport environment through education and training, and by making Triathlon Canada Members, Registrants and Participants aware of Triathlon - specific concussion awareness resources to assist in recognizing and managing a concussion injury.

## 4. RENEWAL

This Policy will be reviewed biennially the Governance Committee and updated, as necessary, to reflect legislative or regulatory developments or any new medical advances communicated by or in reference to the Canadian Concussion Protocol Harmonization Project (Parachute) and the Canadian Concussion Collaborative.

## 5. CONCUSSION AWARENESS RESOURCES

Triathlon Canada, will make the following concussion awareness resources available on their public websites:

- a) Triathlon Canada Concussion Policy
- b) Canadian Olympic and Paralympic Sport Institute Network Sport Related Concussion Guidelines for Canadian National and National Development High Performance Athletes

- Head Injury Recognition (Concussion Recognition Tool – CRT5)
- c) Parachute National Injury Prevention: <https://parachute.ca/en/injury-topic/concussion/>

## 6. CONCUSSION RECOGNITION AND REPORTING

All Participants including Coaches, Officials, Athletes and Parents are responsible for recognizing and reporting any athlete who demonstrates any of the visual signs or behaviours of a suspected concussion or who reports concussion-related symptoms as per Section 4 of Canadian Olympic and Paralympic Sport Institute Network Sport Related Concussion Guidelines for Canadian National and National Development High Performance Athletes.

## 7. GOVERNANCE

Triathlon Canada will:

- a) Participate in multi-disciplinary working groups on sport-related concussions;
- b) Develop and maintain a Concussion Policy
- c) Develop and maintain a system for collecting and analyzing concussion injury data;
- d) Maintain records of sport-related concussions for National teams, including medical clearance letters for Athletes;
- e) In collaboration with the PSOs, assess changes in concussion rates over seasons and identify and, if possible, make recommendations with respect to those training or routine elements that put Athletes in a position of high risk for concussion injury;
- f) Develop or communicate concussion awareness resources for Coaches, Officials, Athletes and other Participants;
- g) Provide concussion guidance and updates on any changes to the Concussion Protocol to Members, Coaches, Officials, Athletes and other Participants at Triathlon Canada -hosted conferences, clinics or calls; and
- h) Receive and investigate complaints of any breach of the Triathlon Canada Concussion Policy and Canadian Olympic and Paralympic Sport Institute Network Sport Related Concussion Guidelines for Canadian National and National Development High Performance Athletes and, where appropriate, determine an appropriate disciplinary response.

## 8. SAFEGUARDING

Triathlon Canada will:

- a) Ensure all Triathlon Canada-hosted events/training camps, selection and assessment processes and National Team Activity is properly supervised, including the use of certified medical professionals in accordance with municipal or facility requirements;
- b) Assign the Designated Person for targeted Triathlon Canada hosted events, selection and assessment processes and teams (e.g., onsite Event Medical Lead or Chief Referee for events or Team Medical Lead);
- c) Keep a copy of the CRT5 available to Coaches at all Triathlon Canada -hosted meets, selection and assessment processes and National Team Activity (see Appendix I - CRT5);
- d) Implement the Triathlon Canada 2018 HP Sport Concussion Guidelines for all instances of concussion injury among National Team Athletes; and
- e) Maintain records and statistics to help identify training or routine elements that put National Team Athletes in a position of high risk for concussion injury.

## 9. DESIGNATED PERSON

The Designated Person has responsibility to:

- a) Remove an athlete who is suspected of having sustained a concussion from further training, practice or competition, in accordance with the Canadian Olympic and Paralympic Sport Institute Network Sport Related Concussion Guidelines for Canadian National and National Development High Performance Athletes;
- b) Call 911 immediately if any Red Flag symptoms are present (see CRT5);
- c) For minors or other affected Athletes, inform the parent of the removal and remain with the athlete until discharged to a parent or other trusted adult or EMS. For Athletes over 18 years of age, the Designated Person should contact their emergency contact person;
- d) Communicate to the athlete or athlete's parent the need for immediate medical assessment by a medical doctor or nurse practitioner when Red Flag symptoms are not present but other concussion symptoms are reported or observed and the athlete has been removed from further training, practice or competition;
- e) Provide a copy of the Canadian Olympic and Paralympic Sport Institute Network Sport Related Concussion Guidelines for Canadian National and National Development High Performance Athletes to the athlete or, in the case of a minor athlete, the athlete's Parents when the athlete is removed from further training, practice or competition
- f) Ensure medical clearance is provided by a medical doctor or nurse practitioner before allowing the athlete to return to training, practice or competition, in accordance with the Triathlon Canada 2018 HP Sport Concussion Guidelines; and
- g) Ensure the Canadian Olympic and Paralympic Sport Institute Network Sport Related Concussion Guidelines for Canadian National and National Development High Performance Athletes is implemented for all instances of concussion injury.

The Designated Person may delegate any of the above responsibilities to another Designated Person, if necessary. Final decision-making authority to remove an athlete who is suspected of having sustained a concussion rest with the Designated Person.

## 10. REVIEW AND APPROVAL:

The BOD will review these the policy biennially. Last approved by Triathlon Canada's Board of Directors on: December 2, 2022.

Concussion Policy History	
Approved	December 2, 2022
Next Review Date	December 2024

APPENDIX 1

# CONCUSSION RECOGNITION TOOL 5 ©

To help identify concussion in children, adolescents and adults



## RECOGNISE & REMOVE

Head impacts can be associated with serious and potentially fatal brain injuries. The Concussion Recognition Tool 5 (CRT5) is to be used for the identification of suspected concussion. It is not designed to diagnose concussion.

### STEP 1: RED FLAGS — CALL AN AMBULANCE

If there is concern after an injury, including whether ANY of the following signs are observed or complaints are reported that the player should be safely and immediately removed from play/game/activity, if no licensed healthcare professional is available, call an ambulance for urgent medical assessment:

- Neck pain or tenderness
- Double vision
- Weakness or tingling/burning in arms or legs
- Severe or increasing headache
- Seizure or convulsion
- Loss of consciousness
- Deteriorating conscious state
- Vomiting
- Increasingly restless, agitated or combative

#### Remember:

- In all cases, the basic principles of first aid (danger, response, airway, breathing, circulation) should be followed.
- Assessment for a spinal cord injury is critical.
- Do not attempt to move the player (other than required for airway support) unless trained to do so.
- Do not remove a helmet or any other equipment unless trained to do so safely.

If there are no Red Flags, identification of possible concussion should proceed to the following steps:

### STEP 2: OBSERVABLE SIGNS

Visual clues that suggest possible concussion include:

- Lying motionless on the playing surface
- Slow to get up after a direct or indirect hit to the head
- Disorientation or confusion, or an inability to respond appropriately to questions
- Balance, gait difficulties, motor incoordination, stumbling, slow laboured movements
- Blank or vacant look
- Facial injury after head trauma

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### STEP 3: SYMPTOMS

- Headache
- "Pressure in head"
- Balance problems
- Nausea or vomiting
- Drowsiness
- Dizziness
- Blurred vision
- Sensitivity to light
- Sensitivity to noise
- Fatigue or low energy
- "Don't feel right"
- More emotional
- More irritable
- Sadness
- Nervous or anxious
- Neck Pain
- Difficulty concentrating
- Difficulty remembering
- Feeling slowed down
- Feeling like "in a fog"

### STEP 4: MEMORY ASSESSMENT

(IN ATHLETES OLDER THAN 12 YEARS)

Failure to answer any of these questions (modified appropriately for each sport) correctly may suggest a concussion:

- "What venue are we at today?"
- "Which half is it now?"
- "Who scored last in this game?"
- "What team did you play last week/game?"
- "Did your team win the last game?"

### Athletes with suspected concussion should:

- Not be left alone initially (at least for the first 1-2 hours).
- Not drink alcohol.
- Not use recreational/ prescription drugs.
- Not be sent home by themselves. They need to be with a responsible adult.
- Not drive a motor vehicle until cleared to do so by a healthcare professional.

The CRT5 may be freely copied in its current form for distribution to individuals, teams, groups and organisations. Any revision and any reproduction in a digital form requires approval by the Concussion in Sport Group. It should not be altered in any way, rebranded or sold for commercial gain.

**ANY ATHLETE WITH A SUSPECTED CONCUSSION SHOULD BE IMMEDIATELY REMOVED FROM PRACTICE OR PLAY AND SHOULD NOT RETURN TO ACTIVITY UNTIL ASSESSED MEDICALLY, EVEN IF THE SYMPTOMS RESOLVE**

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