



## Policy: Administration – Concussion Policy and Protocol

**Issued / authorized by:** Board of Directors

**Issue Date:** November 1, 2024

### Policy

Highland Community Curling Club (“HCCC”) is committed to ensuring the safety of those participating in the sport of curling and takes the health and well being of all athletes seriously. In conjunction with the implementation of Ontario’s *Rowan’s Law (Concussion Safety, 2018)* (“*Rowan’s Law*”) and in keeping with this commitment, HCCC requires the following individuals who participate in any events at the facility to review *Concussion Awareness Resources* and provide written confirmation of the review on an annual basis:

- coaches, trainers, officials, and participants under the age of 26
- parent / guardian of a participant under the age of 18

This Policy is intended to be compliant with Rowan’s Law. If any provision of the policy is in conflict with Rowan’s Law, the legislation shall take precedence.

Coaches, trainers, officials, and participants will abide by the protocol identified below; failure to abide by any of the guidelines and/or protocols contained within this policy may result in termination of membership; ability to participate in HCCC events; and, at the sole and unfettered discretion of HCCC, the right to forfeit all dues and/or registration fees already paid to HCCC.

### Preventing concussions by:

- wearing proper equipment when applicable and wearing it correctly (the use of helmets is required for participants under the age of 12; highly recommended for Learn to Curl participants and anyone who is vulnerable e.g., related to experience, medical, prior concussions)
- developing skills and strength so individuals can participate to the best of their abilities
- respecting the rules of the sport, other participants, coaches, and officials
- committing to having zero-tolerance for prohibited play that is considered high risk for causing concussions

### Reporting:

- an individual with a suspected concussion must stop participating immediately and self-report to a designated person (eg. Parent, Skip, Convenor, Coach, Trainer, Official)
- anyone who suspects an individual may have sustained a concussion has a commitment to report to a designated person

Adapted from the Ontario Curling Council Policy Manual (March 2021) **Approval Date:**  
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*\*Concussion Awareness Resources*

HCCC Concussion Code of Conduct for Athletes  
HCCC Concussion Code of Conduct for Coaches and Club officials

[Government of Ontario Concussion Awareness Resources](#)

[Curling Canada Concussion and Return to Play Guidelines](#)

[Curling Ontario Concussion Awareness](#)

### **Recognizing signs of concussion – any of the following may be present:**

- neck pain or tenderness
- double vision / vision change
- weakness, tingling or burning in the extremities
- severe or increasing headache or “pressure” in the head
- seizure
- deteriorating conscious state or loss of consciousness (loss of consciousness may **not** always occur with a concussion)
- nausea / vomiting (more than once)
- increasing drowsiness, restlessness, confusion, agitation or being combative
- confusion, “fog”, difficulty answering memory questions (e.g., Where are we?)

### **Removal from participation:**

Individuals who have sustained an injury, are suspected of having a concussion or are exhibiting symptoms will be removed from participation immediately, and the following should occur:

- call 911 (if there is an emergency and any severe signs or symptoms are present)
- notify parent / guardian (of participant under 18 years of age) or emergency contact of participant

### **Return to Play:**

Individuals who have been removed from participation due to a suspected concussion must not return until he or she has been assessed medically by a physician or Nurse Practitioner (“NP”) and has been cleared to return. If the participant has been diagnosed with a concussion, the individual must proceed through the graduated return to sport steps under the supervision of a physician or NP.

Individuals who have sustained a concussion will be encouraged to disclose the diagnosis to other sport organizations(s), coaches or school as applicable.

An athlete, or the athlete’s parent or guardian – if under 18 years of age, **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.

HCCC, and its respective Directors, employees, coaches, volunteers, officials, participants, agents, and other individuals involved in any way in the administration of this policy shall not be liable to any other individual in any way, in relation to any lawful acts or omissions committed in the honest application, administration and/or enforcement of this policy.

Adapted from the  
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Council Policy  
Manual (March  
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