

# Saskatchewan Cycling Association



## Concussion Guidelines



October 21, 2016

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## Concussion Guidelines

### What is a Sports Concussion?

According to the *Consensus statement on Concussion in Sport: the 4th International Conference on Concussion in Sport, Zurich 2012*, a Sports Concussion is a brain injury and is defined as a complex pathophysiological process affecting the brain, induced by traumatic biomechanical forces.

- Concussion 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.
- Concussion typically results in the rapid onset of short-lived impairment of neurological function that resolves spontaneously. However, in some cases, symptoms and signs may evolve over a number of minutes to hours.
- Concussion may result in neuropathological changes, but the acute clinical symptoms largely reflect a functional disturbance rather than structural injury.
- Concussion results in a graded set of clinical syndromes that may or may not involve loss of consciousness. Resolution of the clinical and cognitive symptoms typically follows a sequential course. However, it is important to note that in some cases symptoms may be prolonged.

### What is a Suspected Concussion?

A concussion is suspected when it is recognized that an individual appears to have either experienced an injury or impact that may result in concussion, or is exhibiting unusual behavior (signs and symptoms) that may be the result of a concussion.

### What is a Concussion Diagnosis?

A concussion is diagnosed by a medical doctor or nurse practitioner. Ideally this professional will have specific training and experience in the assessment and management of concussions.

## Prevention

Prevention is the first objective in concussion management. The goal is create an environment that will minimize concussion incidence and complications.

Saskatchewan Cycling Association will work to create an environment where athletes learn respect for the rules of the sport, themselves and others. It will create a supportive and safe team culture where athletes feel confident and safe from ridicule and judgment when reporting symptoms of a concussion. All stakeholders will know how to recognize a concussion and understand the severity of this injury and will be encouraged to report suspected concussions.

## Education

### Coaches

All coaches will have standard first aid certification. In addition to this they will be required to complete a concussion education course. Certificates of completion will be provided to Saskatchewan Cycling Association. Coaches are required to complete these courses every 4 years.

Coaches will be provided with the following documents for their reference to be used with suspected concussions at practices and competitions.

- Concussion Guidelines for Coaches and Trainers (Parachute Canada)

- Pocket Concussion Recognition Tool

- CCC Concussion Management Card

- Your Documentation Tool

### Players

All players will receive annual concussion education prior to participation. This should include: what is a concussion, early recognition of signs and symptoms of concussion, sport culture to prevent concussion, concussion management protocols, return to learn and play following a concussion. This could be done in conjunction with a preseason meeting. This may include watching the following videos:

<https://www.youtube.com/watch?v=55YmbIG9YM>

<https://www.youtube.com/watch?v=zCCD52Pty4A>

Players will be provided with the following concussion education document.

- Concussion Guidelines for the Athlete (Parachute Canada)

- CCC Concussion Management Card

### Parents

Concussion education will be provided to parents. This may occur at a preseason meeting perhaps at the same time as the players. The above videos would also be appropriate.

The concussion management protocols can also be reviewed with the parents at this time so they are aware of the steps that will be followed by the sport.

Parents will be provided with the following concussion education documents.

- Concussion Guidelines for Parents and Caregivers (Parachute Canada)

- CCC Concussion Management Card



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## CATT Flip Card (Return to Learn and Play Guidelines)

### Protective Equipment

Each athlete will wear the appropriate protective equipment. The equipment should fit properly, be well maintained, and be worn consistently and correctly.

### Identification

Identification is the second objective in concussion management. The goal is to optimize the early identification of possible or presumed concussions.

The following stakeholders can identify a suspected concussion:

- Athletes, including teammates and self-reporting
- Coaches
- Parents
- Officials
- Health care professionals

All suspected concussion will be documented from identification of concussion to return to learn and play on

### Management

Management is the third objective in concussion management. The goal is to optimize the management and obtain the best outcome for the concussed athlete.

### Emergency Action Plan

Any athlete with a suspected head/spinal injury will be assessed using the Emergency Action Plan and not moved until it is deemed safe to do so.

### Concussion Action Plan

If an athlete has a suspected concussion, follow the management protocol below.

- 1) An athlete suspected of suffering a concussion must be removed from play immediately and not return to activity on the same day.
- 2) Have the athlete assessed by on-site health care professional/medical doctor if available.
- 3) If the health care professionals listed above are not available on site the coach will review the athlete using the Pocket Concussion Recognition Tool.
- 4) The coach will document the concussion on the Concussion Response Tool.  
<http://ppc.cattonline.com/resources/files/concussion-response-tool.pdf>
- 5) The athlete will be continually monitored for the presence of any “Red Flags” which if present will result in an urgent 911 call.
- 6) In the absence of any Red Flags, the athlete’s care will be transferred to a responsible adult (parent/caregiver). The responsible adult will be given the CCA Concussion Education Card and the Concussion Guidelines for Parents and Caregivers. Ensure they understand the return to play guidelines. Transport



- athlete to hospital if any of the signs and symptoms become worse or if new signs and symptoms appear when they are being monitored.
- 7) Ensure all coaches and staff who work with the athlete are aware of the injury and the return to cycling guidelines.
  - 8) All athletes must seek follow up care by a sport medicine physician in a timely manner.
  - 9) Once a concussion diagnosis has been assessed, the athlete will progress through a progressive concussion management rehabilitation program supervised by a health care practitioner.
  - 10) This will include a progressive guided return to learn process managed by a health care professional.
  - 11) This will include the Return to Cycling Steps. The athlete must remain asymptomatic throughout the steps -- if they experience symptoms, they must back up one step. There should be at least one day between progressions to the next step.

#### **STEP 1**

***Rest until asymptomatic (physical and mental rest)***

#### **STEP 2**

***Light aerobic exercise such as trainer, rollers or stationary bike***  
NO resistance training

#### **STEP 3**

***Sport Specific Training (Low intensity)***

Road: flat, non---paceline, low stress

Track: non---group ride on track or road ride

MTB: road ride, no technical

BMX: low intensity, road ride, no technical

#### **STEP 4**

***Training Drills and Resistance Training (Increased intensity)***

Road: climbs, intervals, pacelines

Track: group riding on track, intervals

MTB: training drills -- low/moderate technical skills, intervals

BMX: training drills -- low/moderate technical skills, intervals

#### **STEP 5**

***Regular Training and skill execution***

Road: motorpacing or group riding

Track: motorpacing

MTB: course pre---riding, technical riding

BMX: course pre---riding, technical riding



**STEP 6**

***Race Ready***

- 12) Athlete's must receive clearance for full participation in sport from a medical doctor or nurse practitioner prior to Step 6. This will be documented as the final step for return to play on the concussion recording tool.

