



# HUNTLEY CURLING CLUB POLICY

**TITLE/REFERENCE: CONCUSSION CODE OF CONDUCT**

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**DATE ISSUED: 1 October 2019**

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This policy outlines the Huntley Curling Club's response to be followed after a potential concussion may have been received by any person using the club's facilities.

The policy is based on Rowan's Law for concussion safety. In Ontario, Rowan's Law makes it mandatory for sports organizations to follow specific rules and protocols to protect sports participants from the effects of a concussion. The law results from the death of Rowan Stringer, a female high school rugby player who died in 2013 after multiple concussions within a 1-week period, because nobody recognized the cumulative effects of the injury. Rowan's Law Day, meant to promote concussion safety, is mandated as the last Wednesday in September.

A concussion is a brain injury which is not physically detectable, and which may or may not have any immediately apparent symptoms. **Any blow** to the head, face or neck may cause a concussion.

A concussion is a serious injury. While effects are typically short-term, a concussion can lead to long-lasting symptoms and long-term effects, such as memory problems or depression. The cumulative effect of additional concussions can also be more severe, up to and including death.

## **Recognizing a concussion:**

Symptoms of a concussion may show up immediately, or not for hours or even days later. Just **one symptom** is enough to suspect a concussion. Most people who experience a concussion **do not** lose consciousness.

Common signs or symptoms of a concussion include:

- Headache, or pressure in the head
- Dizziness, nausea or vomiting
- Blurred vision, sensitivity to light or sound
- Ringing in the ears, balance problems
- Low energy, drowsiness, "don't feel right"

- Irritability, depression, anxiety
- Not thinking clearly, confusion, poor concentration, poor memory
- Variation in sleeping habits

**Red flags – The following symptoms mean there may be a more serious injury, to be treated as an EMERGENCY - call 911:**

- Loss of consciousness
- Seizure or convulsion
- Severe or increasing headache
- Vomiting more than once
- Neck pain or tenderness
- Double vision
- Weakness or tingling in arms or legs
- Increasing confusion, restlessness, agitation or aggression

**Actions to follow after a potential concussion:**

1. If a person has possibly suffered a blow to their head, face or neck, due to a fall or any other circumstance, **ASSUME** a concussion has occurred.
2. The person must **stop all activity** and be removed to a safe place, if possible, without endangering them, even if they insist they feel OK. Do not leave them alone.
3. Examine the person for any symptoms of a concussion – **review the list above.**
4. If there are **RED FLAG** symptoms, treat it as an **EMERGENCY** and **call 911** immediately.
5. **If in doubt**, treat it as an **EMERGENCY**.
6. Contact the parent, guardian or emergency contact if the person is under 21 years.
7. File an incident report with the Club and CurlION within 48 hours.
8. **Ensure that the person sees a medical professional for assessment, and receives medical clearance, prior to returning to the sport activity.**
9. Monitor the affected person once they have returned to the sport, to ensure there are no obvious signs of continuing problems resulting from the concussion, which may negatively affect their sport activity, or potentially cause a reoccurrence.

**Concussion prevention:**

Huntley Curling Club will provide access to head protection devices as well as shoe grippers to any person requesting them, or for those at high risk of falling (such as novices and the elderly) during club activities. There may be a cost to the individual associated with these devices. The

club will also explain the risks involved with the sport prior to any individual using the ice area, so that the risks are taken seriously and preventive devices are used when appropriate.

This Concussion Code of Conduct policy will be presented for information to all club members, and will be posted and promoted within the club for casual club users.

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