

CONCUSSION GUIDELINES AND RETURN TO RIDE POLICY

Adopted by the OSCC Board.

The Owen Sound Cycling Club is (OSCC) is committed to ensuring the safety of those participating in the sport of cycling. The OSCC recognizes the increased awareness of concussions and their long-term effects. It believes the prevention of concussions is paramount to protecting the health and safety of members.

This policy provides guidance in:

- Identifying the signs and symptoms of a concussion;
- Protocol to be followed in the event of a possible concussion; and
- Guidelines to enable the concussed to return to riding safely.

Awareness of the signs and symptoms of concussion and knowledge of how to properly manage a concussion is critical to recovery. This awareness will help to ensure the individual is not returning to physical activities too soon, thereby risking further complications.

WHAT IS A CONCUSSION? A concussion is an injury to the brain caused by a bump, blow or jolt to the head, or by a hit to the body that causes the head and brain to move rapidly back and forth. It requires a clinical diagnosis by a physician. The injury can cause brain swelling and other complications, and because the injury is internal, professionals need to rely on mental, physical, and emotional symptoms to diagnose it. A RIDER DOES NOT HAVE TO EXPERIENCE A DIRECT IMPACT TO THE HEAD OR LOSE CONSCIOUSNESS TO HAVE A CONCUSSION.

SIGNS & SYMPTOMS It is important to recognize and understand the symptoms that may result from a concussion. They may appear immediately after the injury or within hours or days. Also, they can be different for everyone. Some common signs and symptoms include, but are not limited to:

- Headache
- Vertigo/Dizziness
- Nausea
- Poor Concentration
- Amnesia
- Fatigue
- Sensitivity to light or noise
- Irritability
- Poor Appetite
- Decreased Memory
- Poor balance
- Slowed reaction time

WHAT TO DO?

If a member is unconscious or seriously injured –call 911, and then:

- Contact the member's emergency contact to inform them of the injury and that the member will be attended to by Emergency Medical Services and/or possibly transported to a hospital;
- Stay with the member until Emergency Medical Services or their emergency contact arrives; and
- Monitor and document any physical, emotional and/or cognitive changes.

If the member is conscious and has a non-critical injury –remove the member from the activity immediately and then:

- Contact the member's emergency contact;
- Arrange a ride home for the participant;
- Reduce external stimulus (noise, other people, etc.);
- Remain with the participant until he or she can be taken home;
- Monitor and document any physical, emotional and/or cognitive changes; and
- Encourage the participant to consult a physician.

If the participant experiences any loss of consciousness, they are to be assessed in the ER. If the patient refuses to go to the ER this must be documented.

When to return to cycling:

The OSCC recommends the following:

- members consult with a physician prior to return to riding. The OSCC will comply with all directions provided by the physician.
- using the Ontario Cycling Association (OCA) step by step return to cycling recommendations to guide recovery. The Guide is available at: <http://www.ontariocycling.org/about-ontario-cycling/forms-literature/> under OCA concussion policy. The member must remain asymptomatic throughout the steps. If they experience symptoms they must revert to the previous step.
- the member should be symptom-free for 24 hours before returning to cycling.