



Ontario Cycling Association

Concussion Protocol for HP Projects and Camps

In the event of a fall that results in a hit to the head of an athlete or coach the following procedure will be followed.

Any athlete that experiences a fall/crash resulting in a minor to major hit to the head shall be considered at risk of having a concussion. The athlete suspected of having a concussion shall be removed from the cycling activity, and medical evaluation/attention sought. Parents/guardians will be advised of the injury and the next steps to be followed. Any crash where the rider's helmet has been compromised shall be considered a serious crash and the rider will be immediately removed from the activity and medical attention shall be sought.

- A) Parents shall be apprised of the medical evaluation and encouraged to talk directly to the medical personnel.
- B) If the medical evaluation indicates that the injury is not severe the athlete will be monitored and will not return to the activity until parental approval is given. The athlete may require observation for a minimum of 24 – 48 hours. It is strongly recommended that the athlete not return to activity until a concussion specialist reviews the injury.
- C) If the medical evaluation indicates that the injury is severe the parent shall arrange for return transportation, when appropriate, and the athlete cannot return to cycling activity without a letter from a concussion specialist.

Note: For athletes over the age of 18, their emergency contact will be utilized to assist in decision making. However, the staff on the project reserves the right to require a concussion specialist's report before an athlete can return to the project in the case of B) above.

What are the signs and symptoms?

Symptoms of a concussion are:

- Headache
- Dizziness
- Feeling dazed
- Sensitivity to light
- Confusion, disorientation
- Ringing in the ears
- Tiredness
- Irritability

Signs of a concussion are:

- Poor Balance or coordination
- Slow or slurred speech
- Poor concentration
- Delayed responses
- Vacant stare
- Deterioration in sport performance
- Unusual emotions, personality change, and inappropriate behavior

For more information on Concussions please click the following links:

Zurich Concussion Conference – [Click here](#)

Scat 2 – Sport Concussion Tool – [Click here](#)