



## **Niagara Falls Rowing Club Concussion and Return to Play Policy**

The Niagara Falls Rowing Club is focused on ensuring the wellbeing and safety of all participants, members, volunteers and staff. We recognize the potential severity of a head injury and the commitment and intent behind research to manage concussions.

We are committed to educating those involved with the club, creating awareness to help prevent injuries and appropriately managing any suspected concussions.

In any club activity, if any individual suffers any kind of injury where there is potential for there to have been direct or indirect force to the head, the individual will cease activity immediately and rest. The staff/volunteer in charge will error on the side of caution. We recognize that symptoms may not appear immediately and that concussions can occur in many different situations. In these cases we acknowledge that the individual may not be in a condition to assess themselves or make appropriate decisions.

Individuals demonstrating any signs of a concussion, or feeling any symptoms, should be assessed by a medical doctor. For individuals under 18, the situation will be reported to the guardian and a strong recommendation to see a doctor will be given and concussion education materials shared.

Individuals diagnosed with a concussion should rest physically and cognitively until they are symptom-free. Their medical doctor will prescribe a return to play action plan. They need to be symptom free for a minimum 24-hour period between each stage. (See [thinkfirst.ca](http://thinkfirst.ca) for suggested return to play guidelines).

Any individual who has suffered a concussion will need to show proof of medical clearance to return to participating in club physical activities.

**Document has been reviewed, to be approved by Board of Directors**

**Date: January 2017**