Removal-From-Sport & Return-To-Sport Protocol (September 2022)

Designated Person(s)

In accordance with the requirements set out in Rowan's Law and its associated regulation, our organization North York FC requires each team to have at least one designated person as having specific responsibilities under the removal from-sport and return-to-sport protocols. This can be the same person for multiple teams if necessary. The responsibilities for the designated person(s) may be shared between one or more individuals.

Under the Removal-from-Sport protocol for North York FC, the designated person(s) is/are responsible for ensuring that:

• An athlete is immediately removed from further training, practice, or competition if the athlete has sustained a concussion or is suspected of having sustained a concussion, regardless of whether or not the concussion was sustained from a sport activity associated with North York FC.

• If in the opinion of the designated person(s), there is an emergency and/or any red flag signs and/or symptoms appear – including those resulting from a suspected concussion, call 911.

• Removal of the athlete from further training, practice, or competition; and if the athlete is under 18 years of age, the parent or guardian is informed of the removal.

• The athlete (or the parent or guardian if the athlete is under 18 years of age) is advised that the athlete is required to undergo a medical assessment by a physician or nurse practitioner before the athlete will be permitted to return to training, practice, or competition according to the Return-to-Sport protocol for North York FC.

• An athlete or the athlete's parent or guardian (if under 18 years of age) receives the Removal-from-Sport and Return-to-Sport protocols for North York FC as soon as possible after the athlete's removal.

• Once removed, the athlete is not permitted to return to training, practice, or competition, except in accordance with North York FC Return-to-Sport protocol.

Under the Return-to-Sport protocol for North York FC the designated person(s) is/are responsible for ensuring that:

• An athlete who has sustained a concussion or is suspected of having sustained a concussion does not return to training, practice, or competition until permitted to do so in accordance with the North York FC Return-to-Sport protocol.

• When an athlete has not been diagnosed with a concussion, the athlete is only permitted to return to training, practice, or competition if the athlete or the athlete's parent or guardian (if under 18 years of age) provides confirmation to the designated person(s) about the outcome of the athlete's medical assessment, specifically that the athlete:

a) has undergone a medical assessment by the physician or nurse practitioner and has not been diagnosed as having a concussion, and

b) has been medically cleared to return to training, practice or competition by a physician or nurse practitioner.

• When an athlete is diagnosed by a physician or nurse practitioner as having a concussion, the athlete is not permitted to move on to unrestricted training, practice, or competition unless the athlete or the athlete's parent or guardian (if under 18 years of age) provides a confirmation of medical clearance by the physician or nurse practitioner to the designated person(s).

• An athlete is not permitted to return to training, practice or competition through North York FC graduated Return-to-Sport steps unless the athlete or the athlete's parent or guardian (if under 18 years of age) has shared the medical advice or recommendations they received, if any, with the designated person(s).

• When an athlete is diagnosed by a physician or nurse practitioner as having a concussion, the athlete or, the athlete's parent/guardian (if under 18 years of age) has been informed of the importance of disclosing the diagnosis to any other sport organization with which the athlete is registered or school that the athlete attends.

The regulation states that a designated person(s) may rely on the information received from an athlete or, if the athlete is under 18 years of age, from the athlete's parent or guardian in carrying out their responsibilities under North FC Return-toSport protocol.

Removal-from-Sport Protocol

The following outlines our process for immediate removal of an athlete who is suspected of having sustained a concussion.

1.Remove the Athlete

Designated person(s) to immediately remove the athlete from further training, practice, or competition if the athlete has sustained a concussion or is suspected of having sustained a concussion regardless of whether the concussion or suspected concussion was sustained from an activity associated with North York FC

2.Call 9-1-1 if Emergency

Designated person(s) to call 9-1-1 if in their opinion, doing so is necessary (e.g. If there is an emergency and any red flag signs and/or symptoms appear).

3.Inform

If the athlete is under 18 years of age, Designated person(s) to inform the athlete's parent or guardian about the removal from further training, practice, or competition.

Designated person(s) is to advise the athlete, or the parent or guardian (if under 18 years of age) that the athlete is required to undergo a medical assessment by a physician or nurse practitioner before the athlete will be permitted to return to training, practice, or competition.

4.Give Protocols Designated person(s) to provide the athlete or the athlete's parent or guardian (if under 18 years old) with North York FC Removal-from-Sport and Return-to Sport protocols as soon as possible after the athlete has been removed from further training, practice, or competition.

5.Record the Incident

The club must be contacted within 48 hours of any incident when an athlete has been removed from further training, practice, or competition due to a suspected concussion, regardless of whether the athlete is later diagnosed with a concussion or not. The club point of contact for recording of such incidents is Diane Chavez, contactable via: Chavez_diane61@yahoo.ca

6.Returning to Training, Practice or Competition

Once removed, the athlete is not permitted to return to training, practice, or competition, except in accordance with North York FC Return-to-Sport protocol.

Return-to-Sport Protocol

The following outlines our return-to-sport process for an athlete who has been removed from training, practice, or competition due to a suspected or diagnosed concussion, regardless of whether the concussion was sustained or is suspected of having been sustained during a sports activity associated with North York FC.

1. Receive Confirmation

   Ensure that an athlete who has sustained a concussion or is suspected of having sustained a concussion does not return to training, practice, or competition until the athlete or the athlete's parent or guardian (if under 18 years of age) provides confirmation to the designated person(s) that the athlete:

   a) Has undergone a medical assessment by a physician or nurse practitioner and has not been diagnosed as having a concussion.

b) Has been medically cleared to return to training, practice or competition by the physician or nurse practitioner.

2. If Diagnosed with Having A Concussion

   If an athlete has been diagnosed by a physician or nurse practitioner as having a concussion the athlete must proceed through the graduated return-to-sport steps.

3. Graduated Return-to-Sport Steps

   It is important to note that typical recovery times vary from person to person, and that some individuals may require more time to progress through the graduated return-to sport steps. The graduated return-to-sport steps may include the activities on the following page. It is typically recommended that an athlete with concussion rest for 24 to 48 hours before beginning step 1.

NYFC – Return to sport Steps 1-6	**Activity**	**Goal of Step**	**Duration**
Step 1- Symptom Limiting Activity	**Daily activities that don't make symptoms worse**	**Gradual reintroduction of daily school and work activities**	**At least 24 hours**
Step 2 – Light Aerobic Activities	**Light activities such as walking or cycling at slow or medium pace for 5-15min**	**Increase heart rate**	**At least 24hours**
Step 3 – Sport Specific Exercise	**Individual physical activity such as running or jogging. No contact or head impact activity. Working alone with support staff**	**Add movement**	**At least 24 hours**

Step 4 – Non -Contact training, practice drills	**Higher intensity drills. Add resistance training as appropriate**	**Exercise coordination and increased thinking drills**	**At least 24 hours**
Step 5 – Unrestricted Training & Practices	**Unrestricted training and practices – with contact where applicable**	**Restore confidence and assess functional skills**	**At least 24 hours, with clearance from a physician or nurse practitioner before unrestricted training, practice, or competition**
Step 6 – Return-To - Sport	**Unrestricted training and competition**		

Note: An athlete is typically ready to progress to the next step when they can do the activities at their current step without new or worsening symptoms. If at any step symptoms get worse, they should stop and return to the previous step before trying again. If symptoms do not improve or if the symptoms continue to worsen, the athlete should return to the physician or nurse practitioner.

4. Share Medical Advice

An athlete, or the athlete's parent or guardian must share the medical advice or recommendations they receive with the designated person(s) before being permitted to return to training, practice, or competition through the graduated return-to-sport steps, if any.

5. Disclosing Diagnosis

The designated person(s) must inform the athlete or, if the athlete is under 18 years of age, the athlete's parent, or guardian of the importance of disclosing the diagnosis to any other sport organization with which the athlete is registered or school that the athlete attends.

6. Medical Clearance

The athlete, or the athlete's parent or guardian must provide the designated person(s) a confirmation of medical clearance by a physician or nurse practitioner before the athlete is permitted to move on to unrestricted training, practice, or competition.

7. Record Progression

The sport organization must make and keep a record of the athlete's progression through the graduated return-to-sport steps until the athlete, or the athlete's parent or guardian, has provided a confirmation of medical clearance by a physician or nurse practitioner to the designated person(s).