



# ONTARIO CYCLING ASSOCIATION

## CONCUSSION POLICY

### PURPOSE

1. Ontario Cycling Association is committed to maintaining the health of its athletes and believes that an athlete's health is more important than participating in the sport of cycling. Ontario Cycling Association recognizes the increased awareness of concussions and their long-term effects and Ontario Cycling Association therefore enacts this Policy as a tool to help manage concussed and possibly-concussed athletes and preserve the health of its members.

### SCOPE

2. This Policy applies to all Ontario Cycling Association athletes, coaches, officials, and members.

### PROCEDURE

3. During all cycling events, competitions, and practices sanctioned by Ontario Cycling Association, participants (which include coaches, athletes, officials, and other members) will use their best efforts to:
  - a) Be aware of incidents that may cause a concussion, such as:
    - i. Falls
    - ii. Accidents
    - iii. Collisions
    - iv. Head trauma
  - b) Understand the symptoms that may result from a concussion, such as:
    - i. Nausea
    - ii. Poor concentration
    - iii. Amnesia
    - iv. Fatigue
    - v. Sensitivity to light or noise
    - vi. Irritability
    - vii. Poor appetite
    - viii. Decreased memory
  - c) Identify athletes or other individuals who have been involved in any of the above incidents and/or exhibit any of the above symptoms
4. Athletes or other individuals who have been involved in an incident that may cause a concussion and who may exhibit symptoms of a concussion shall be identified and removed from the cycling activity.

5. Following the athlete being removed from the cycling activity, the athlete's coach or other individual in charge of the athlete (if the athlete is a minor) or someone familiar to the athlete should:
  - a) Call an emergency number (if the situation appears serious)
  - b) Notify the athlete's parent (if the athlete is a minor) or someone close to the athlete (if the athlete is not a minor)
  - c) Have a ride home for the athlete arranged
  - d) Isolate the athlete into a dark room or area
  - e) Reduce external stimulus (noise, other people, etc)
  - f) Remain with the athlete until he or she can be taken home
  - g) Encourage the consultation of a physician or nurse practitioner

### RETURN TO CYCLING PROTOCOL

6. Once the athlete's immediate needs have been met, the athlete's family or the athlete should be directed to the following:

- a) An athlete who has been concussed should only return to cycling activity by following the steps outlined below and as directed by a physician or nurse practitioner:

**STEP 1: Complete cognitive and physical rest.** Immediately consult a physician. Limit school, work and tasks requiring concentration. Refrain from physical activity until symptoms are gone. Once all symptoms are gone, rest for at least another 24-48 hours and re-consult a physician or nurse practitioner, preferably one with experience managing concussion, for clearance to proceed to Step 2.

**STEP 2: Light aerobic exercise** to reintroduce physical activity: 10-15 minutes of low intensity cycling on a stationary bike.

**STEP 3:** 30 minutes of cycling on a stationary bike at 75% of Max Heart Rate.

**STEP 4:** 30 minutes of cycling on a stationary bike at 75% of Max Heart Rate with 30 second maximum effort intervals at minutes 10, 15, and 20.

**STEP 5: Sport-specific aerobic activity and re-introduction of cycling: 15 minutes of low intensity cycling.** The environment should be managed so as to ensure the athlete is not in excessive traffic and that there is minimum risk of falling or colliding with other athletes. The athlete may also attempt basic balance drills.

**STEP 6:** 30 minutes of cycling at 75% of Max Heart Rate with 30 second maximum effort intervals at minutes 10, 15, and 20.

**STEP 7:** Regular warm-up with high intensity agility/coordination activities and monitored high intensity workout.

**STEP 8: Full practice once cleared by a physician or nurse practitioner.**

**STEP 9: Return to unrestricted training and competition**

Note: Each step must take a minimum of one day. If you have any symptoms of a concussion (e.g. headache, feeling sick to your stomach) that come back either with activity, or later that day, stop the activity immediately and rest until symptoms resolve, for a minimum of 24 hours. See a physician or nurse practitioner

and be cleared before starting this process again.

#### **MEDICAL CLEARANCE**

7. This Policy requires the athlete to consult with a physician or nurse practitioner throughout this process and the OCA will comply with all directions provided by the physician or nurse practitioner which may supersede this policy.