



Mississauga
2022

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2022 Mississauga Ontario Games Removal-From-Sport & Return-To-Sport Protocol Rowan' Law (Concussion Safety)

PURPOSE:

This protocol is intended to be used by any person that is participating in the 2022 Ontario Games hosted by the City of Mississauga. It sets out the medical committee's protocols for removal-from-sport and return-to-sport for those athletes who have sustained a concussion or who are suspected of having sustained a concussion during training, practices, or competition in accordance with *Rowan's Law* and the regulation made under that Act, O.Reg. 161/19: General.

This protocol is inclusive of any athletes during warm-up, practice, or competition at venues hosting the 2022 Ontario Games in Mississauga. Understanding these protocols is a shared responsibility that includes athletes, parents or guardians, coaches, team trainers, officials, medical volunteers, and licensed health-care professionals, to assist in the prevention, identification, and management of concussions.

DESIGNATED PERSON(S)

In accordance with the requirements set out in *Rowan's Law* and its associated regulations, the 2022 Ontario Games is required to identify a designated person(s) as having specific responsibilities under the removal-from-sport and return-to-sport protocols. The responsibilities for the designated person(s) may be shared between one or more individuals. Parents or guardians, coaches, team trainers, and officials who are familiar with an athlete may provide guidance and/or history to the medical committee's designated person.



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Each sport and/or field of play will have a dedicated athlete medical volunteer acting as a designated person for the assessment and treatment of concussion management.

Under the Removal-from-Sport protocol for the 2022 Ontario Games hosted by the City of Mississauga, 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 the 2022 Ontario Games hosted by the City of Mississauga;
- 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, or consult with the venue's physician or Chief Medical Officer (CMO);
- 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 will undergo a medical assessment by the venue physician or CMO before the athlete will be permitted to return to training, practice or competition according to the Return-to-Sport protocol for the 2022 Ontario Games hosted by the City of Mississauga.;
- An athlete or, if the athlete is under 18 years of age, the athlete's parent or guardian receives the Removal-from-Sport and Return-to-Sport protocols for the 2022 Ontario Games hosted by the City of Mississauga as soon as possible after the athlete's removal;



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- Once removed, the athlete is not permitted to return to training, practice or competition, except in accordance with the 2022 Ontario Games hosted by the City of Mississauga Return-to-Sport protocol;

Under the Return-to-Sport protocol for the 2022 Ontario Games hosted by the City of Mississauga, the designated person(s), parents or guardians, coaches, team trainers, officials, and medical committee 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 2022 Ontario Games hosted by the City of Mississauga 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, if the athlete is under 18 years of age, the athlete's parent or guardian provides confirmation to the designated person(s) about the outcome of the athlete's medical assessment, specifically that the athlete:
 - has undergone a medical assessment by the venue physician or CMO and has **not** been diagnosed as having a concussion, and
 - has been medically cleared to return to training, practice or competition the venue Physician or CMO;
- When an athlete **is** diagnosed or suspected of a concussion by the venue physician or CMO, the athlete is not permitted to move on to unrestricted training, practice or competition for the duration of the 2022 Ontario Games hosted by the City of Mississauga, unless the athlete or, if the athlete is under 18 years of age, the athlete's parent or guardian provides a confirmation of medical clearance by the venue physician or CMO;
- An athlete is not permitted to return to training, practice or competition through the 2022 Ontario Games hosted by the City of Mississauga's graduated Return-to-



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Sport plan unless the athlete or, if the athlete is under 18 years of age, the athlete's parent or guardian has shared the medical advice or recommendations they received through consultation with the CMO with the designated person(s);

- When an athlete is diagnosed by the venue physician or CMO as having a concussion, the athlete or, if the athlete is under 18 years of age, the athlete's parent/guardian 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.

REMOVAL-FROM-SPORT PROTOCOL

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

1. Remove the Athlete

- The athlete medical volunteer, coach, team trainer, and/or official is 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 the 2022 Ontario Games hosted by the City of Mississauga.

2. Call 9-1-1 if Emergency or Advanced Assessment

- **The** athlete medical volunteer will contact the medical venue representative to call 9-1-1 if in their opinion, doing so is necessary. The athlete medical volunteer will notify the venue physician or CMO in all instances. The medical venue representative may coordinate medical transportation to the Polyclinic to receive additional assessment by a physician.

3. Inform



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- If the athlete is under 18 years of age, the designated person(s) or a representative from the medical committee will contact the athlete's parent or guardian about the removal from further training, practice, or competition. A medical assessment determines whether the athlete has a concussion. An athlete will not be permitted to return to training, practice or competition until they receive medical clearance by the venue physician or CMO to do so.

4. Provide Protocols

- The medical committee is to provide the athlete or, if the athlete is under 18 years of age, the athlete's parent or guardian with the 2022 Ontario Games hosted by the City of Mississauga 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 medical committee will keep a record of incidents where an athlete is removed from further training, practice or competition because they are suspected of having sustained a concussion, regardless of whether the athlete is later diagnosed with a concussion. Personal health information collected under this protocol shall be retained, disclosed and disposed of in a secure manner and in accordance with applicable legislation.

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 the 2022 Ontario Games hosted by the City of Mississauga Return-to-Sport protocol.

RETURN-TO-SPORT PROTOCOL

The following outlines a return-to-sport process for an athlete who has been removed from training, practice or competition due to a suspected or diagnosed concussion,



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regardless of whether or not the concussion was sustained or is suspected of having been sustained during a sport activity associated with the 2022 Ontario Games hosted by the City of Mississauga. This protocol is specific to the 2022 Ontario Games hosted by the City of Mississauga and does not provide for a graduated Return-to-Sport due to the duration of the event.

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, if the athlete is under 18 years of age, the athlete's parent or guardian provides confirmation to the athlete medical volunteer, coach, team trainer, and/or official that the athlete:
 - Has undergone a medical assessment by the venue physician or CMO and has not been diagnosed as having a concussion, and
 - Has been medically cleared to return to training, practice or competition by the venue physician or CMO.
- This will be communicated via a note or documentation from the venue physician or CMO that can be provided to the athlete or athlete's parent or guardian, athlete medical volunteers, coaches, team trainers, and officials.

2. If Diagnosed with Having A Concussion

- If an athlete has been diagnosed by the venue physician or CMO as having a concussion the athlete must proceed through the graduated return-to-sport steps. This process will extend beyond the duration of the 2022 Ontario Games hosted by the City of Mississauga.
- 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 a graduated return-to-sport plan.
- The athlete or, if the athlete is under 18 years of age, the athlete's parent or guardian will be informed to consult their family doctor/primary care provider to develop a graduated Return-to-Sport plan and information in accordance with *Rowan's Law* and the regulation made under that Act. It is recommended that an



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athlete with concussion rest for 24 to 48 hours prior to starting a Return-to Sport protocol.

3. Disclosing Diagnosis

- The venue physician or CMO 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.

4. Disclosing Graduated Return-to-Sport Steps

- If an athlete is participating in any sport activity associated with the 2022 Ontario Games hosted by the City of Mississauga, the athlete or parents or guardians, coaches, team trainers, and officials are required to disclose if an athlete is currently involved in a Return-to-Sport plan.
- In cases whereby an athlete is participating in a return-to-sport plan prescribed outside of medical practitioners volunteering with the 2022 Ontario Games hosted by the City of Mississauga, the athlete will not be permitted to train, practice or compete until they receive medical clearance by the venue physician or CMO after reviewing the athlete's record of progression.

CONCUSSION SYMPTOM RECOGNITION

A person with a concussion might have any of the signs or symptoms listed below. They might show up right away or hours, or even days later. Just one sign or symptom is enough to suspect a concussion. Most people with a concussion **do not** lose consciousness.

Common signs and symptoms



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Physical

- Headache
- Pressure in the head
- Dizziness
- Nausea or vomiting
- Blurred vision
- Sensitivity to light or sound
- Ringing in the ears
- Balance problems
- Tired or low energy
- Drowsiness
- "Don't feel right"

Sleep-related

- Sleeping more or less than usual
- Having a hard time falling asleep

Cognitive (Thinking)

- Not thinking clearly
- Slower thinking
- Feeling confused
- Problems concentrating
- Problems remembering

Emotional

- Irritability (easily upset or angered)
- Depression
- Sadness
- Nervous or anxious

Red Flags

"Red flags" may mean the person has a more serious injury. Treat red flags as an emergency and call 911.

- Neck pain or tenderness
- Double vision
- Weakness or tingling in arms or legs
- Severe or increasing headache
- Seizure or convulsion
- Loss of consciousness (knocked out)
- Vomiting more than once
- Increasingly restless, agitated or aggressive
- Getting more and more confused

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