



## ***Calabogie Peaks Freestyle Club Inc.***



**October 2016**

### **Calabogie Peaks Freestyle Club Concussion Policy**

#### **Purpose**

1. Calabogie Peaks Freestyle Club is committed to maintaining the health of its athletes and believes that an athlete's health is more important than participation in the sport of freestyle skiing. Calabogie Peaks Freestyle Club recognizes the increased awareness of concussions and their long-term effects and Calabogie Peaks Freestyle Club therefore enacts this policy as a tool to help manage concussed and possible-concussed athletes and preserve the health of its members.

#### **Scope**

2. This policy applies to all athletes, coaches, officials, members, volunteers and decision-makers of the Calabogie Peaks Freestyle Club.

#### **Adherence**

3. Calabogie Peaks Freestyle Club adopts and adheres to guidelines outlined in Canadian Freestyle Ski Associations' (CFSA) 2015 - 2016 'Concussion Protocol and Guidelines' (Annex A) which includes both the return to Freestyle protocol and concussion guidelines.

#### **Procedure**

4. During all Freestyle skiing event, completions, training, (including Dryland, water ramp, trampoline and on snow) sanctioned by Calabogie Peaks Freestyle Club, participants (which include coaches, athlete, volunteers, and board 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, and
    - iv. Head trauma.
  - b. Understand the symptoms that may result from a concussion, such as:
    - i. Nausea,
    - ii. Poor concentration,
    - iii. Amnesia



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- iv. Fatigue,
    - v. Sensitivity to light or noise,
    - vi. Irritability,
    - vii. Poor appetite, and
    - 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.
  - d. Engage Ski Patrol, or other emergency services and follow their advice/protocol for immediate assistance.
5. 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 activity. The coach will follow the following:
  - a. The coach will complete the CFSA Accident Report Form Attached as Annex B and can be found at the following link  
<http://freestyleski.com/member-services/accident-reporting/>
  - b. Calabogie Peaks Freestyle Club encourages all members to use resources outlined in Canadian Concussion Management (CCMI) baseline testing, smart app, and coach training system.  
<https://completeconcussions.com/>
6. Following the athlete being removed from the Freestyle Skiing 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. Engage Ski Patrol immediately (lifeguard or coaches for off snow activities)
  - b. Ski Patrol will follow their protocols.
  - c. Notify the athlete's parent (if the athlete is a minor) or someone close to the athlete (if the athlete is not a minor),
  - d. Notify a board representative.
7. Follow the CFSA Concussion Protocol as laid out in Annex A for the athletes return to skiing.

### **Training**

8. All Calabogie Freestyle Club coaches will complete the NCCP Making Head Way module and will do an update every 2 years.