# **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**

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 Arnprior McNab Braeside United Soccer Club (AMBUSC).

**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.

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 a physician or nurse practitioner to do so.

Designated person(s) to advise the athlete, or the parent or guardian if the athlete is 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, if the athlete is under 18 years of age, the athlete’s parent or guardian AMBUSC 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**

Make and keep a record of incidences 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.

**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 AMBUSC 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, regardless of whether or not the concussion was sustained or is suspected of having been sustained during a sport activity associated with** AMBUSC.

**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 designated person(s) that the athlete:

1. Has undergone a medical assessment by a physician or nurse practitioner and has not been diagnosed as having a concussion, and
2. 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.

**The Return-to-School Plan (Learning and Physical Activity)**

Students in elementary and secondary school with a diagnosed concussion must follow their school board’s return-to-school plan, which supports a student's gradual return to learning and return to physical activity. Contact the school for more information.

**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 following activities. It is typically recommended that an athlete with concussion rest for 24 to 48 hours before beginning step 1.

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|  | **Activities** | **Goal of Step** | **Duration** |
| **STEP 1:**  Symptom-limiting activities | Daily activities that don’t make symptoms worse, such as moving around the home and simple chores | Gradual reintroduction of daily school, and work activities | At least 24 hours |
| **STEP 2:**  Light aerobic activity | Light activities such as walking or stationary bicycle at slow to medium pace for 10 to 15 minutes | Increase heart rate | At least 24 hours |
| **STEP 3:**  Sport-specific exercise | Individual physical activity such as running or skating  No contact or head impact activities | Add movement | At least 24 hours |
| **STEP 4:**  Non-contact training, practice drills | Harder training drills  Add resistance training (if appropriate) | Exercise, coordination and increased thinking | At least 24 hours |
| **STEP 5:**  Unrestricted Training & Practice | Unrestricted training and practice- with contact where applicable | Restore confidence and assess functional skills | At least 24 hours  Obtain clearance from physician or nurse practitioner before unrestricted training, practice or competition |
| **STEP 6:**  Return-to-Sport | Unrestricted competition |  |  |

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).

The sport organization must limit the collection, use, and disclosure of personal information to that which is reasonably necessary for the purpose of carrying out the sport organization’s protocols, and to limit access to such personal information to only those individuals who require it for the purpose of fulfilling their duties or obligations under the Act. Personal information collected under this protocol shall be retained, disclosed and disposed of in a secure manner and in accordance with the sport organization’s personal information retention policy. The sport organization shall create a retention policy for personal information.