



BASELINE TESTING AND SPORT CONCUSSION ASSESSMENT POLICY

Purpose: To address the detection and assessment of possible concussion symptoms and provide an outline of the testing procedure and role of the Risk Assessor.

Athlete safety is paramount to the skaters' training at CSSC. As such, this policy is to be administered as a guideline and enacted to assist the club in its risk management approach for the physical safety of its members and guest skaters.

CSSC will include Risk Assessors as members of its coaching staff (CSSC will support members to become certified trainers through the Hockey Development Centre of Ontario until such a time as a specific Speed Skating Trainer program is developed). The role of the Risk Assessor is identified in the CSSC Club Officials Organization Structure.

The Risk Assessor will carry out the responsibilities during on and off ice activity, be it during training or competition. CSSC will have a minimum of one Risk Assessor per every fifty skaters. The club will attempt to have a Risk Assessor available at each practice session and competition.

The Trainer will ensure that any skater that has sustained an injury will follow a Safe Return to Activity Program prior to returning to practice and competition. Coaches will involve the Risk Assessor in all decisions regarding return to activity following an injury.

A concussion is defined as a brain injury caused by direct or transferred impact forces to the head with a force significant enough to cause the brain to 'shake'.

Testing Procedure:

- At the beginning of each season, every athlete shall perform the SCAT2 baseline test consisting of the Standard Assessment of Concussion (SAC) and the Balance Error Scoring System (BESS). It is also recommended to perform the computerized ImPACT Test (neuro-cognitive testing software).
- An athlete suspected of a concussion must immediately cease all skating or training activity. This applies to both on and off ice activity. This is not an athlete or parental/guardian decision, but rather the decision of the Risk Assessor.
- The athlete shall be requested to undergo a concussion assessment by the CSSC appointed Risk Assessor.

- The assessment will involve the use of the Sport Concussion Assessment Tool 2 (SCAT2). This assessment includes: Symptom Evaluation, Physical signs, Cognitive assessment (SAC), Balance Error Scoring System (BESS) and Coordination Examination. The results will be compared to the baseline test done at the beginning of the season.
- If the assessment indicates a possible concussion, it will be recommended to the athlete and parent/guardian to take the athlete to a physician for further diagnosis.
- Once referred to a physician, the athlete shall not return to CSSC related physical activity until a physician's note has been provided, clearing the athlete for skating and training activity. In addition, the athlete must take part in the Safe Return to Activity Program.
- Assessment results will be shared with the athlete, parent/guardian, coaches and physician/clinician or other health care providers. The athlete's test data may be made available to individuals authorized by CSSC in order to maintain and administer the program. Test data may also be released, without identifying personal information, for research purposes.
- Assessment and test result data will be kept in a locked cabinet in the CSSC office.

Granting Permission

For use of the Immediate Post-Concussion Assessment

I have read and understood the above information and policy and give permission for my child to take the SCAT2 Baseline Test.

Name of Athlete: _____

Signature of Athlete: _____ Date: _____

Signature of Parent/Guardian (if skater is under 18) _____