

**Triathlon PEI INC  
Concussion Policy**

**Definitions**

The following terms have these meanings in this Policy:  
“Association” – **Triathlon PEI INC**

**PURPOSE**

The Association is committed to maintaining the health of its athletes. The Association recognizes the increased awareness of concussions and their long-term effects and the Association therefore enacts this Policy as a tool to help manage concussed and possibly-concussed athletes.

**PROCEDURE**

During all Association events, competitions, and practices, participants (which include coaches, athletes, officials, and other members) will use their best efforts to:

Be aware of incidents that may cause a concussion, such as:

- Falls
- Accidents
- Collisions
- Head trauma

Understand the symptoms that may result from a concussion, such as:

- Nausea
- Poor concentration
- Amnesia
- Fatigue
- Sensitivity to light or noise
- Irritability
- Poor appetite
- Decreased memory

Identify athletes or other individuals who have been involved in any of the above incidents and/or exhibit any of the above symptoms

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.

Following the athlete being removed from the 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:

- Call an emergency number (if the situation appears serious)
- Notify the athlete’s parent (if the athlete is a minor) or someone close to the athlete (if the athlete is not a minor)
- Have a ride home for the athlete arranged
- Isolate the athlete into a dark room or area
- Reduce external stimulus (noise, other people, etc)
- Remain with the athlete until he or she can be taken home
- Encourage the consultation of a physician

**RETURN TO PLAY**

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

An athlete who has been concussed should only return to the activity by following the steps outlined below and as directed by a physician:

<b>STEP 1:</b>	<b>Complete cognitive and physical rest.</b> 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, preferably one with experience managing concussion, for clearance to proceed to Step 2.
<b>STEP 2:</b>	<b>Light aerobic exercise</b> to reintroduce physical activity: 10-15 minutes of low intensity activity.
<b>STEP 3:</b>	30 minutes of low intensity activity at 75% of Max Heart Rate.
<b>STEP 4:</b>	30 minutes of low intensity activity at 75% of Max Heart Rate with 30 second maximum effort intervals at minutes 10, 15, and 20.
<b>STEP 5:</b>	<b>Sport-specific aerobic activity: 15 minutes of low intensity participation.</b> The environment should be managed so as to ensure the athlete is at minimum risk of falling or colliding with other athletes. The athlete may also attempt basic balance drills.

<b>STEP 6:</b>	30 minutes of activity at 75% of Max Heart Rate with 30 second maximum effort intervals at minutes 10, 15, and 20.
<b>STEP 7:</b>	Regular warm-up with high intensity agility/coordination activities and monitored high intensity workout.
<b>STEP 8:</b>	<b>Full practice once cleared by a physician.</b>
<b>STEP 9:</b>	<b>Return to unrestricted training and competition</b>

#### **MEDICAL CLEARANCE**

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