

CONCUSSION GUIDELINES AND RETURN TO RIDE POLICY

Adopted by BCC Board: February 2019

Reviewed February 2020

The Barrie Cycling Club (BCC) is committed to ensuring the safety of those participating in the sport of cycling. The BCC recognizes the increased awareness of concussions and their long-term effects. It believes that prevention of concussions is paramount to protecting the health and safety of members.

This policy provides guidance in:

- Identifying common signs and symptoms of concussion;
- Protocol to be followed in the event of a possible concussion; and
- Guidelines to enable the concussed to return to riding safely.

Awareness of the signs and symptoms of concussions and knowledge of how to properly manage a concussion is critical to recovery. This awareness will help to ensure the individual is not returning to physical activities too soon, thereby risking further complications.

WHAT IS A CONCUSSION?

A concussion is an injury to the brain caused by a bump, blow or jolt to the head, or by a hit to the body that causes the head and brain to move rapidly back and forth. It requires a clinical diagnosis by a physician. The injury can cause brain swelling and other complications, and because the injury is internal, professionals need to rely on mental, physical, and emotional symptoms to diagnose it.

A RIDER DOES NOT HAVE TO EXPERIENCE A DIRECT IMPACT TO THE HEAD OR LOSE CONSCIOUSNESS TO HAVE A CONCUSSION.

SIGNS & SYMPTOMS

It is important to recognize and understand the symptoms that may result from a concussion. They may appear immediately after the injury or within hours or days. Also, they can be different for everyone. Some common signs and symptoms include, but are not limited to:

- Nausea
- Poor concentration
- Amnesia
- Fatigue
- Sensitivity to light or noise

- Irritability
- Poor appetite
- Decreased memory
- Poor balance
- Slowed reaction time

WHAT TO DO?

If a member is unconscious or seriously injured – Initiate the “Emergency Response Check List”:

- Determine if all involved are responsive,
- Determine if 911 is required (Police, Fire, Ambulance), check helmets for damage (cracked, impacted) to determine if there is head trauma,
- Make sure scene is safe from traffic, create road block if necessary,
- Stay coordinated, calm and collected,
- Check airway, breathing and circulation functions,
- Complete first aid as necessary,
- Keep victims warm and comfortable,
- Make access for emergency vehicles as required,
- Photograph scene if possible,
- Determine emergency contact person and contact, delegate this task if possible,
- Ask witnesses for statements, or arrange to get at a later date, get names and phone numbers.

WHEN TO RETURN TO RIDING?

Medical recommendation for step procedure:

- The member should consult with a physician throughout the return to riding process and provide proof of medical clearance if necessary. The BCC will comply with all directions provided by the physician that may supersede this policy.
- The member must remain asymptomatic throughout the steps. If they experience symptoms they must revert to the previous step.
- The member should be symptom-free for 24 hours before progressing to the next step.

STEP 1: Complete Cognitive and Physical Rest

The member should rest until asymptomatic (physical/mental rest). He or she should limit physical exertion as much as possible, including normal daily activities. The member should not have to focus or concentrate on any given task (including computer and/or video games) or incur any stress at all. If the member experiences any strain or exertion, that task should be stopped immediately.

STEP 2: Light Aerobic Exercise

The member may become lightly active including using a trainer, stationary bike or walking.

STEP 3: Sport-Specific Exercise

The Member may choose to participate in flat, low-stress road riding, not in a pace line.

STEP 4: Training Drill and Resistance Training with Increased Intensity

This may include road riding featuring climbs and intervals.

STEP 5: Full Participation

Members will be permitted to rejoin regular group rides.

STEP 6: Ride Well/ Smile Often

MEDICAL CLEARANCE

If a member is showing signs of concussion and/or has been clinically diagnosed as concussed, the ride leader and/or the board will prevent the member from participating until a medical clearance has been provided.

NON-COMPLIANCE

Failure to abide by any of the guidelines and/or protocols contained within this policy may result in disciplinary action in accordance with the BCC's Discipline and Complaints Policy.

The Barrie Cycling Club's Concussion Guidelines and Return to Ride Policy is intended to ensure safe and positive interactions through brevity and plain language.

(The Barrie Cycling Club acknowledges the support and permission of the Peterborough Cycling Club to use their plain language documents as a base for our own plain language documents.)