

**PARTNERS**



**Date: August, 2015**

**To:** Referees, Coaches, Meet Coordinators and Club Presidents

**From:** BCSSA Officials Development Committee

**Re: Safety, Concussions, Medical, Injury Report forms**

If you are not aware the new concussion protocol will be implemented this 2015-2016 season.

The new concussion protocol is available for download on the BCSSA website under the About Tab/Safety: <http://www.speed-skating.bc.ca/about/safety/>

The concussion protocol was approved by the BCSSA Board and presented at the AGM.

Concussion prevention, recognition and return to sport protocols have been heavily featured in the media over the past few years. Speed Skating Canada has a webpage dedicated to Concussions/Brain Injuries, which provides speed skating specific education and resources for coaches, officials, club administrators and parents.

Within BC, the BCSSA Concussion Protocol must be followed at all sanctioned events. The protocol includes the administration of the Concussion Recognition Tool and the provision of the BCSSA Suspected Concussion Form. The BCSSA Concussion Protocol outlines the steps to follow in identifying a concussion and providing initial care. Return to play guidelines are also available for speed skating, through the Speed Skating Canada Return to Play Guide. It is highly recommended that clubs consider adopting similar protocols for their club practices.

The Concussion Recognition Tool has been designed for anyone to use and can be applied/used by someone with no concussion training. This means that any medical personnel/coach/parent can use this tool and apply it at the rink side for the skater at a meet or a practice.

Laminated copies of the Concussion Recognition Tool will be distributed to Referees, Coaches and Club Presidents this fall.

The other piece that goes with this tool is the BCSSA suspected concussion form. This form ensures that any skater with a suspected concussion be made aware of the said suspected concussion and will not be allowed to return to the field of play until there is a medical concussion evaluation. **Any skater (or parent/guardian in the case of an underage skater) who refuses the concussion evaluation will not be allowed to return to the meet.**

The Injury Report form is another important document that needs to be filled out if any accidents happen on ice, at the arena, during the meet and or practice. This is an important piece to meet our insurance requirements.

One of the BCSSA values states that “We believe all members of the organization; staff, athletes, coaches, officials, administrators, parents, etc., are entitled to be treated in an ethical and professional manner” and as such it is imperative that you as the leaders in our sport take a proactive role in ensuring that the concussion protocol, the new updated medical requirements and the injury report form are followed at meets and in practice.

Thank you for your continued support of our sport.

If you have questions or concerns please e-mail BCSSA ODC at [officials.development.committee@gmail.com](mailto:officials.development.committee@gmail.com)

**BCSSA ODC**