



## Kamloops Long Blades Association

# POLICY F: Wellness and Sport Safety

Approved; April 1, 2022

Revised; November 12, 2023

## POLICY F – Wellness and Sport Safety

### F-1 POLICY: Concussion

#### PURPOSE

1. The KLB is committed to maintaining the health of its athletes and believes that an athlete's health is more important than participating in the sport of speed skating. KLB recognizes the increased awareness of concussions and their long-term effects. KLB therefore enacts this Policy as a tool to help manage concussed and possibly concussed athletes and preserve the health of its members.

#### SCOPE

1. This Policy applies to all athletes, coaches, officials, members, and decision-makers of the KLB.

#### ADHERENCE

2. KLB adopts and adheres to Speed Skating Canada's Return to Play Procedure which includes both the Return to Speed Skating Protocol and concussion guidelines.

### F-1 PROCEDURE: Concussion

3. During all speed skating events, competitions, and practices sanctioned by KLB, participants (which include coaches, athletes, officials, and other members) will use their best efforts to:
  - a. Be aware of events that may cause a concussion, such as:
    - i. Falls
    - ii. Accidents
    - iii. Collisions
    - iv. Head trauma
  - b. Understand the symptoms that may result from a concussion, such as:
    - i. Nausea
    - ii. Poor concentration
    - iii. Amnesia
    - iv. Fatigue
    - v. Sensitivity to light and noise
    - vi. Irritability
    - vii. Poor appetite
    - viii. Decreased memory
    - ix. Headaches
  - c. Identify athletes or other individuals who have been involved in any of the above incidents and/or exhibit any of the above symptoms.
4. 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 speed skating activity.
5. Following the athlete being removed from speed skating 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:

- a. Call an emergency number (if the situation appears serious);
  - b. Notify the athlete's parent (if the athlete is a minor) or someone close to the athlete (if the athlete is not a minor).
  - c. Have a ride home for the athlete arranged.
  - d. Isolate the athlete into a dark room or area.
  - e. Reduce external stimuli (noise, other people, etc.).
  - f. Remain with the athlete until they can be taken home.
  - g. Encourage the consultation of a physician.
6. Once the athlete's immediate needs have been met, the athlete's family or the athlete should be directed to Speed Skating Canada's Return to Play Procedure which can be found on the SSC website.

## F-2 POLICY: Universal Code of Conduct to Prevent and Address Maltreatment in Sport (UCCMS)

### DEFINITION

1. Maltreatment is volitional acts that result in harm or the potential for physiological harm.

### SCOPE

2. This Policy applies to all coaches, athletes, officials, members, and decision-makers of KLB adopts the UCCMS of the Canadian Safe Sport Program to reduce and prevent maltreatment of athletes.

### ADHERENCE

3. KLB adopts and adheres to the UCCMS of the Canadian Safe Sport Program to reduce and prevent maltreatment of athletes.

## F-2 PROCEDURE: Universal Code of Conduct to Prevent and Address Maltreatment in Sport (UCCMS)

4. All KLB members 19 and older are required to participate in the Safe Sport online training webinar.
5. Maltreatment is a serious issue that undermines the health, wellbeing, performance and security of individuals, communities, and society.
6. All KLB members can expect to play, practice and complete, work, and interact in an environment free from maltreatment.