



Aylmer Skating Centre

Concussion Policy, Removal from Sport, Return To Sport and Acknowledgement Form

Aylmer Skating Centre Policies

Effective Date: June 30, 2025



Concussion Policy

1. Policy Statement

Aylmer Skating Centre is committed to the health, safety, and wellbeing of all skaters, coaches, officials, volunteers, staff, and participants. We recognize the seriousness of concussions and are dedicated to raising awareness, preventing injuries, and managing suspected and confirmed concussions responsibly.

This policy supports compliance with Rowan's Law, the Skate Canada Incident Reporting and Management Policy, and Aylmer Skating Centre's Removal-from-Sport and Return-to-Sport protocols.

2. Scope & Application

This policy applies to all individuals involved in Aylmer Skating Centre activities, including:

- Skaters, coaches, officials
- Parents/guardians
- Support personnel (e.g., medical staff, referees, volunteers)
- Employees, contractors, facilitators, and agents of Aylmer Skating Centre
- Spectators at events or programs

This policy is in effect at all Aylmer Skating Centre programs, events, or competitions.

3. Definitions

Concussion:

A brain injury caused by a force to the head or body that results in changes in brain function. Symptoms may include:

- **Physical:** headaches, dizziness
- **Cognitive:** memory or concentration issues
- **Emotional/Behavioral:** mood changes, irritability
- **Sleep-related:** drowsiness, trouble falling asleep

A concussion:

- May or may not involve loss of consciousness
- Cannot typically be seen on imaging (CT, MRI)
- May present symptoms immediately or develop over time

Designated Person:

An individual assigned by Aylmer Skating Centre at each event or program to manage concussion protocols. This person is responsible for enforcing removal and return-to-sport procedures in compliance with Rowan's Law.



4. Responsibilities of the Designated Person

Under Rowan's Law, the Designated Person must:

Removal-from-Sport

- Immediately remove a skater suspected of having a concussion.
- Call 911 in case of emergency or red-flag symptoms.
- Inform the skater's parent/guardian (if under 18).
- Advise that a medical assessment by a physician or nurse practitioner is required.
- Provide the Removal-from-Sport and Return-to-Sport protocols to the skater/family.
- Ensure no return to activity until Return-to-Sport Protocol is completed.
- Record and report the incident according to Skate Canada and Skate Ontario procedures.

Return-to-Sport

- Ensure skaters do not return until medically cleared.
- Accept confirmation from the skater/family regarding the results of the medical assessment.
- Require stepwise return through the Graduated Return-to-Sport process.
- Record the skater's progression and final medical clearance.
- Inform skaters/families of the need to notify schools or other sport organizations of a diagnosis.

5. Roles and Responsibilities

All Participants and Stakeholders Must:

- Be familiar with this policy and related protocols.
- Report all suspected or confirmed concussions.
- Follow all removal and return procedures.
- Complete concussion awareness training as required.
- Support a safe environment and uphold Aylmer Skating Centre's concussion protocols.



6. Return-to-Sport Protocol

The return-to-sport process must be completed before a skater resumes full participation. This could include your Doctor providing information specific to your injury.

Step-by-Step Progression:

Step	Activity	Goal	Minimum Duration
1	Light daily activities (e.g., walking, light chores)	Gradual reintroduction to routines	24 hours
2	Light aerobic activity (e.g., walking, cycling)	Increase heart rate	24 hours
3	Sport-specific exercise (no spins, jumps, or contact)	Add movement	24 hours
4	Non-contact drills and single/double jumps	Increase coordination and thinking	24 hours
5	Full training without restrictions (excluding spins)	Restore confidence	24 hours
6	Full competition and unrestricted training	Return to sport	Medical clearance required

Note: If symptoms worsen at any step, return to the previous one.

7. Medical Requirements & Documentation

- Confirmation of medical assessment and clearance is required before resuming sport.
- Skaters under 18 must have parent/guardian confirmation.
- Records of removal, progression, and clearance will be retained as per privacy policy.

8. Rowan's Law Acknowledgement

All athletes under 26, and parents/guardians of athletes under 18, must review:

- Government of Ontario Concussion Awareness Resources
- Aylmer Skating Centre's Concussion Policy

And, they must sign the Acknowledgement Form prior to participation.

9. Designated Person Record

Name	Date Appointed	Term
Cheryl Ewart	June 30, 2025	Indefinite



10. Additional Resources

For more on concussions and Rowan's Law:

 www.ontario.ca/concussions

Rowan's Law Acknowledgement Form (Required under the Ontario Concussion Safety legislation)

Who Must Complete This Form:

- ✓ All athletes under 26 years of age
- ✓ Parents/Guardians of athletes under 18 years of age

Before registering or participating in any Aylmer Skating Centre activity, each individual must confirm they have reviewed:

1. An age-appropriate Government of Ontario Concussion Awareness Resource, AND
2. The Aylmer Skating Centre Concussion Policy for athletes and parents/guardians.

These materials are available at:

 www.ontario.ca/concussions

 www.aylmerskatingcentre.ca (Resources & Forms section)

Acknowledgement

I confirm that I have fully reviewed and understand the following (check both to confirm):

- ☐ I have reviewed one of the **Government of Ontario's Concussion Awareness Resources** appropriate for my age group.
- ☐ I have reviewed and commit to the **Aylmer Skating Centre Concussion Policy** for Athletes and Parents/Guardians (if applicable).

Athlete Name: _____

Athlete Signature: _____

Date: _____

(Required for all athletes under 26 years of age)

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Date: _____

(Required if athlete is under 18 years of age)

Note: This signed form will be retained by Aylmer Skating Centre and made available upon request or in the event of a government audit.