

RANDONNEURS ONTARIO

CONCUSSION / HEAD INJURY

POLICY



V1.0 | 12 December 2019

PURPOSE:

Randonneurs Ontario is committed to maintaining the health of members participating in its events. A cyclist's health and safety are more important than starting, continuing or completing a cycling event. Head injuries have increasingly been recognized as a cause of immediate and long-term health consequences. Randonneurs Ontario has therefore developed and implemented this policy to manage those participants in which head injury/ concussion has or may have occurred to mitigate risk to immediate and long-term health of its members

SCOPE:

This policy applies to all members of the club or those associated with its operations including but not limited to cyclists, ride organizers, volunteers and Board members.

PROCEDURE:

All club members and volunteers will be educated (see *Dissemination* below) on the following topics:

- Incidents which may cause head injury
- Signs and symptoms of a head injury
- Procedure to follow if a head injury may have occurred

INCIDENTS WHICH MAY CAUSE HEAD INJURY:

- Falls
- Accidents
- Collisions
- Any trauma to head

SIGNS AND SYMPTOMS:

Symptoms may occur immediately or gradually emerge for hours or days after the incident. These include:

- Headache
- Nausea and/or vomiting

- Un-coordination
- Dizziness
- Decreased level of consciousness or complete loss of consciousness
- Memory deficits
- Inability to think clearly
- Lack of judgement

PROCEDURE TO FOLLOW:

In the event of an incident with no symptoms of head injury:

- Notify the ride organizer of the incident immediately
- The cyclist may opt to continue but may opt to withdraw
- In either event, reasonable efforts must be taken to ensure another person is monitoring their status
- Follow the normal procedure for incident reporting to the OCA. The report is shared with the Board and all ride organizers

In the event of an incident resulting in ANY symptoms of head injury:

- The cyclist is withdrawn from the activity. Realize that the injury may effect the cyclist's ability to make this decision.
- Emergency medical assessment is arranged in the fastest way possible, generally by calling 911 and having EMS transport to hospital
- The ride organizer is notified.
- Follow the normal procedure for incident reporting to the OCA. The report is shared with the Board and all ride organizers.
- Post-head injury fitness to participate guidelines are followed (see: <https://parachute.ca/en/professional-resource/concussion-collection/canadian-guideline-on-concussion-in-sport/>) and the rider is documented as fit to participate before they participate in any future Randonneurs Ontario event.

DISSEMINATION:

The information in this policy and education regarding head injury in general will be provided to all club members and volunteers via various means which may include but not be limited to: The Randonneurs Ontario website, blog, group email, individual email, Facebook page, Ride with GPS ride event pages, AGM and pre-ride meeting conducted by ride organizers.

The policy will be reviewed annually by each ride organizer who will attest to having reviewed this and all other policies. The Board will also review this policy at least annually and amend as required.