



Removal-from-Sport Protocol

The following outlines a process for immediate removal of an athlete who is suspected of having sustained a concussion.

1. Remove the Athlete

Designated person(s) to immediately remove the athlete from further training, practice or competition if the athlete has sustained a concussion or is suspected of having sustained a concussion regardless of whether the concussion or suspected concussion was sustained from an activity associated with Newmarket Skating Club.

2. Call 9-1-1 if Emergency

Designated person(s) to call 9-1-1 if in their opinion, doing so is necessary (e.g., if there is an emergency and any red flag signs and/or symptoms appear).

3. Inform

If the athlete is under 18 years of age, Designated person(s) to inform the athlete's parent or guardian about the removal from further training, practice or competition.

A medical assessment determines whether the athlete has a concussion. An athlete will not be permitted to return to training, practice or competition until they receive medical clearance by a physician or nurse practitioner to do so.

Designated person(s) to advise the athlete, or the parent or guardian if the athlete is under 18 years of age, that the athlete is required to undergo a medical assessment by a physician or nurse practitioner before the athlete will be permitted to return to training, practice or competition.

4. Give Protocols

Designated person(s) to provide the athlete or, if the athlete is under 18 years of age, the athlete's parent or guardian with Newmarket Skating Club's Removal-from-Sport

and Return-to-Sport protocols as soon as possible after the athlete has been removed from further training, practice or competition.

5. Record the Incident

Make a record in the Incident Log, where an athlete is removed from further training, practice or competition because they are suspected of having sustained a concussion **regardless of whether the athlete is later diagnosed with a concussion.**

. Newmarket Skating Club limits the collection, use, and disclosure of personal information to that which is reasonably necessary for the purpose of carrying out the Newmarket Skating Club's protocols, and to limit access to such personal information to only those individuals who require it for the purpose of fulfilling their duties or obligations under the Act. Personal information collected under this protocol shall be retained, disclosed and disposed of in a secure manner.

6. Returning to Training, Practice or Competition

Once removed, the athlete is not permitted to return to training, practice or competition, except in accordance with Newmarket Skating Club's Return-to-Sport protocol.