

Energy Cycling Club

CONCUSSION POLICY

Energy Cycling Club is committed to maintaining the health of its members and believes that a member's health is more important than participating in the sport of cycling. We recognize the increased awareness of concussions and their long-term effects and Energy Cycling Club therefore enacts this Policy as a tool to help manage concussed and possibly-concussed members and preserve the health of its members.

SCOPE

This Policy applies to all Energy Cycling Club members.

PROCEDURE

During all cycling events sanctioned by Energy Cycling Club, participants (which include ride leaders, and other members) will use their best efforts to:

a) Be aware of incidents that may cause a concussion, such as:

- 1) Falls
- 2) Accidents
- 3) Collisions
- 4) Head trauma

b) Understand the symptoms that may result from a concussion, such as:

- 1) Nausea
- 2) Poor concentration
- 3) Amnesia
- 4) Fatigue
- 5) Sensitivity to light or noise
- 6) Irritability
- 7) Poor appetite
- 8) Decreased memory

c) Identify members or other individuals who have been involved in any of the above incidents and/or exhibit any of the above symptoms.

Members or other individuals who have been involved in an incident that may cause a concussion, and/or who have visible damage to the helmet, and/or who may exhibit symptoms of a concussion shall be identified and removed from the cycling activity.

Following the member being removed from the cycling activity, the member's ride leader or other individual in charge of the member (if the member is a minor) or someone familiar to the member should:

- a) Call an emergency number (if the situation appears serious);
- b) Notify the member's parent (if the member is a minor) or someone close to the member (if the member is not a minor);
- c) Have a ride home for the member arranged;
- d) Reduce external stimulus (noise, other people, etc...);
- e) Remain with the member until he or she can be taken home
- f) Encourage the consultation of a physician.

RETURN TO CYCLING

A member who has been concussed should return as directed by a physician.

Review and Approval

This policy is reviewed annually.

This policy was approved by the Energy Cycling Club Executive.

This policy went into effect on February 20, 2020