



SHALLOW LAKE SKATING CLUB

REMOVAL FROM SPORT PROTOCOL

The following outlines a process for immediate removal of a skater who is suspected of having sustained a concussion:

1. Remove the Skater

a. Designated person(s) to immediately remove the skater from further training, practice or competition if the skater 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 Shallow Lake Skating Club

2. Call 9-1-1 if Emergency

a. 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

- a) If the skater is under 18 years of age, designated person(s) to inform the skater's parent or guardian about the removal from further training, practice or competition

A medical assessment determines whether the skater has a concussion. A skater 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.

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

4. Give Protocols

- a) Designated person(s) to provide the skater or, if the skater is under 18 years of age, the skater's parent or guardian with the Shallow Lake Skating Club Removal-from-Sport and Return-to-Sport Protocols as soon as possible after the skater has been removed from further training, practice or competition

5. Record the Incident

- a. Make and keep a record of incidences where a skater is removed from further training, practice or competition because they are suspected of having sustained a concussion regardless of whether the skater is later diagnosed with a concussion
- b. The incident must be reported to Skate Canada, and copied to Skate Ontario, in accordance with the Skate Canada Incidents of Injury Reporting and Management Policy and supporting procedure. This information will be kept on file by Skate Ontario in accordance with the Skate Ontario Records Retention Policy.

6. Returning to Training, Practice or Competition

- a. Once removed, the skater is not permitted to return to training, practice or competition, except in accordance with the Shallow Lake Skating Club Return-to-Sport Protocol.

The following outlines a return-to-sport process for an individual who has been removed from training, practice or competition due to a suspected or diagnosed concussion, regardless of whether or not the concussion was sustained or is suspected of having been sustained during a sport activity associated with Shallow Lake Skating Club

1. Receive Confirmation

Ensure that an individual who has sustained a concussion or is suspected of having sustained a concussion does not return to training, practice or competition until the individual or, if the individual is under 18 years of age, the individual's parent or guardian provides confirmation to the designated person(s) that the individual:

- a. Has undergone a medical assessment by a physician or nurse practitioner and has not been diagnosed as having a concussion, and
- b. Has been medically cleared to return to training, practice or competition by the physician or nurse practitioner.

2. If Diagnosed with Having A Concussion

If an individual has been diagnosed by a physician or nurse practitioner as having a concussion the individual must proceed through the graduated return-to-sport steps.

3. Graduated Return-to-Sport Steps

It is important to note that typical recovery times vary from person to person, and that some individuals may require more time to progress through the graduated return-to-sport steps.

The graduated return-to-sport steps may include the following activities. It is typically recommended that an athlete with concussion rest for 24 to 48 hours before beginning step 1.

	Activities	Goal of Step	Duration
STEP 1: Symptom-limiting activities	Daily activities that don't make symptoms worse, such as moving around the home and simple chores	Gradual reintroduction of daily school, and work activities	At least 24 hours
STEP 2: Light aerobic activity	Light activities such as walking or stationary bicycle at slow to medium pace for 10 to 15 minutes	Increase heart rate	At least 24 hours
STEP 3: Sport-specific exercise	Running or skating drills. No head impact activities. Off-ice warm-up: • sub-maximal with agility exercises. On-Ice intervals: • stroking, then turns (no twizzles) • 5 x 3 minutes program parts without jumps or spins at 60-70% max heart rate (around 140), and rest until back to 50-55% max HR (around 80-100) Off-ice training (gym): • under 80% of 1 maximal repetition (MR) • No jumps, avoid exercises with	Add movement No jumps, no spinning. Try to plan ice session with less skaters on the ice.	At least 24 hours

	head below hips • Core, proprioception, stabilization & flexibility exercises		
STEP 4: Non-contact training, practice drills	Warm up: • Off-ice double jumps without symptoms (start with 5-10 reps) • Agility with intervals, 8 x 30sec. On-Ice training: • Full programs with single jumps; no spins; 80-90% max HR (165-180) - o Rest until back to 50-55% max HR (around 80-100) - o Single and double jumps outside programs - o No spins If tolerated: • Complete programs with single and double jumps, but no spins - o Mastered triple jumps outside programs - o No spins If tolerated: • Add more difficult triple jumps • No spins	Exercise, coordination, and increased thinking Avoid repetitive falls. Avoid session with a lot of skaters.	At least 24 hours
STEP 5: Unrestricted Training & Practice	Unrestricted training and practice-with contact where applicable Following medical clearance Warm-up Same as previous to injury On-ice training: • Complete/full programs with all jumps but no spins - o Spins outside programs If tolerated: • Progress to full programs Off-ice training (gym): • Pre-injury strength & conditioning • Limit jumping depending on how much was done on ice	Restore confidence and assess functional skills	At least 24 hours Obtain clearance from physician or nurse practitioner before unrestricted training, practice or competition
STEP 6: Return-to-Sport	Unrestricted competition. Normal training; no restrictions		

An individual is typically ready to progress to the next step when they can do the activities at their current step without new or worsening symptoms. If at any step symptoms get worse, they should stop and return to the previous

step before trying again. If symptoms do not improve or if the symptoms continue to worsen, the athlete should return to the physician or nurse practitioner.

4. Share Medical Advice

An individual, or the individual's parent or guardian must share the medical advice or recommendations they receive with the designated person(s) before being permitted to return to training, practice or competition through the graduated return-to-sport steps, if any.

5. Disclosing Diagnosis

The designated person(s) must inform the individual or, if the individual is under 18 years of age, the individual's parent or guardian of the importance of disclosing the diagnosis to any other sport organization with which the individual is registered or school that the individual attends.

6. Medical Clearance

The individual, or the individual's parent or guardian must provide the designated person(s) a confirmation of medical clearance by a physician or nurse practitioner before the individual is permitted to move on to unrestricted training, practice or competition.

7. Record Progression

The club must make and keep a record of the individual's progression through the graduated return-to-sport steps until the individual, or the individual's parent or guardian, has provided a confirmation of medical clearance by a physician or nurse practitioner to the designated person(s).

Personal information retained under this protocol shall be retained, disclosed and disposed in accordance with Shallow Lake Skating Club retention policy.

Adopted: August 19, 2024

To be reviewed: August 2026