



GSC Return-to-Sport Protocol

Designated Person(s)

In accordance with the requirements set out in Rowan's Law and its associated regulation, the Guelph Skating Club (Club) is required to identify a designated person(s) as having specific responsibilities under the Return-to-Sport Protocol. The responsibilities for the designated person(s) may be shared between one or more individuals. Each designate must be clear about who has what responsibility under the Return-to-Sport Protocol.

Under the Return-to-Sport Protocol for the Guelph Skating Club, the designated person(s) is/are responsible for ensuring that:

- A skater who has sustained a concussion or is suspected to have sustained a concussion does not return to training, practice or competition until permitted to do so in accordance to the Club's Return-to-Sport Protocol
- When a skater has not been diagnosed with a concussion, the skater is only permitted to return to training, practice, or competition if the skater, or if the skater is under 18 years of age, the skater's parent/guardian provides confirmation to the designated person(s) about the outcome of the skater's medical assessment, specifically that the skater has undergone a medical assessment by a physician or nurse practitioner and has not been diagnosed as having a concussion, and has been medically cleared to return to training, practice or competition by a physician or nurse practitioner
- When a skater is diagnosed by a physician or nurse practitioner as having a concussion, the skater is not permitted to move on to unrestricted training, practice or competition unless the skater, or if the skater is under 18 years of age, the skater's parent/guardian provides a confirmation of medical clearance to the designated person(s)
- A skater is not permitted to return to training, practice or competition through the Club's Return-to-Sport steps unless the skater, or if the skater is under 18 years of age, the skater's parent/guardian has shared the medical advice or recommendations they received, if any, with the designated person(s)
- When a skater is diagnosed by a physician or nurse practitioner as having a concussion, the skater, or if the skater is under 18 years of age, the skater's parent/guardian has been informed of the importance of disclosing the diagnosis to any other sport organization with which the skater is registered or school the skater attends

The regulation states that a designated person(s) may rely on the information received from a skater, or if the skater is under 18 years of age, from the skater's parent/guardian in carrying out their responsibilities under the Club's Return-to-Sport Protocol.

The following outlines a Return-to-Sport process for a skater 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 as having been sustained during a sport activity associated with the Club:

1. Receive Confirmation
 - Ensure that a skater who has sustained a concussion or is suspected of having sustained a concussion does not return to training, practice or competition until the skater, or if the skater is under 18 years of age, the skater's parent/guardian provides confirmation to the designated person(s) that the skater:
 - a. Has undergone a medical assessment by a physician or nurse practitioner and has not been diagnosed with 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 a skater has been diagnosed by a physician or nurse practitioner as having a concussion the skater must proceed through the graduated Return-to-Sport steps.
3. Graduated Return-to-Sport Steps
 - The Club has adopted the Skate Canada Return-to-Sport Strategy. See Appendix A.
4. Share Medical Advice
 - A skater, or the skater's parent/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 skater, or if the skater is under 18 years of age, the skater's parent/guardian of the importance of disclosing the diagnosis to any other sport organization with which the skater is registered or school that the skater attends
6. Medical Clearance
 - The skater, or the skater's parent/guardian must provide the designated person(s) a confirmation of medical clearance by a physician or nurse practitioner before the skater is permitted to move on to unrestricted training, practice or competition
7. Record Progression
 - The Club must make and keep a record of the skater's progression through the graduated return-to-sport steps until the skater, or the skater's parent/guardian, has provided a confirmation of medical clearance by a physician or nurse practitioner to the designated person(s).