



CONCUSSION POLICY FOR BIATHLON PEI

PURPOSE

1. Biathlon PEI is committed to maintaining the health of its athletes and believes that an athlete's health is more important than participating in the sport of biathlon. BPEI recognizes the increased awareness of concussions and their long-term effects and therefore enacts this Policy as a tool to help manage concussed and possibly-concussed athletes and preserve the health of its members.

SCOPE

2. This Policy applies to all athletes, coaches, officials, members and decision-makers of Biathlon PEI.

PROCEDURE

3. During all events, competitions, and practices sanctioned by BPEI, participants (which include coaches, athletes, officials, and other members) will use their best efforts to:
- a) Be aware of incidents that may cause a concussion, such as:
 - i. Falls
 - ii. Accidents
 - iii. Collisions
 - iv. Head trauma
 - b) Understand the symptoms that may result from a concussion, such as:
 - i. Nausea
 - ii. Poor concentration
 - iii. Amnesia
 - iv. Fatigue
 - v. Sensitivity to light or noise
 - vi. Irritability
 - vii. Poor appetite
 - viii. Decreased memory
 - c) Identify athletes or other individuals who have been involved in any of the above incidents and/or exhibit any of the above symptoms
4. Athletes or other individuals who have been involved in an incident that may cause a concussion and who may exhibit symptoms of a concussion shall be identified and removed from the biathlon activity.
5. Following the athlete being removed from the biathlon activity, the athlete's coach or other individual in charge of the athlete (if the athlete is a minor) or someone familiar to the athlete should:
- a) Call an emergency number (if the situation appears serious)
 - b) Notify the athlete's parent (if the athlete is a minor) or someone close to the athlete (if the athlete is not a minor)
 - c) Have a ride home for the athlete arranged
 - d) Isolate the athlete into a dark room or area
 - e) Reduce external stimulus (noise, other people, etc)
 - f) Remain with the athlete until he or she can be taken home
 - g) Encourage the consultation of a physician

RETURN TO BIATHLON

6. An athlete who has been concussed should only return to biathlon activity by following the steps outlined and evaluated and monitored during the steps.

- STEP 1:** **Complete cognitive and physical rest.** Limit school, work and tasks requiring concentration. Refrain from physical activity until symptoms are gone. Once all symptoms are gone, rest for at least another 24-48 hours and consult a physician, preferably one with experience managing concussion, for clearance to proceed to Step 2.
- STEP 2:** **Light aerobic exercise** to reintroduce physical activity: 10-15 minutes of low intensity cycling on a stationary bike.
- STEP 3:** 30 minutes of cycling on a stationary bike at 75% of Max Heart Rate.
- STEP 4:** 30 minutes of cycling on a stationary bike at 75% of Max Heart Rate with 30 second maximum effort intervals at minutes 10, 15, and 20.
- STEP 5:** **Sport-specific aerobic activity and re-introduction to skiing: 15 minutes of low intensity skiing.** The environment should be managed so as to ensure the athlete is not in excessive traffic and that there is minimum risk of falling or colliding with other athletes.
- STEP 6:** 30 minutes of skiing at 75% of Max Heart Rate with 30 second maximum effort intervals at minutes 10, 15, and 20.
- STEP 7:** Regular warm-up with high intensity agility/coordination activities and monitored high intensity skiing
- STEP 8:** **Full practice**, including skiing and shooting **once cleared by a physician.**
- STEP 9:** **Return to unrestricted training and competition**

MEDICAL CLEARANCE

- 7. Athlete must consult with a physician at two stages: a) before returning to light aerobic exercise, and b) before resuming full practice.
- 8. BPEI will require the athlete to obtain medical clearance, ideally from a physician familiar with concussions, before permitting the athlete to resume speed skating activity with the club.

Approved by board May 13, 2016