

1. Definitions

This document inherits any and all definitions from the Calgary Killarney Artistic Swim Club ("**CKASC**") Bylaws.

- **"Medical Practitioner"** means a healthcare provider who is licensed by a national professional regulatory body to provide injury and illness related services that fall within their licensed scope of practice. For example, according to CAS, in Canada only medical doctors or nurse practitioners are currently qualified to conduct a comprehensive concussion medical assessment, diagnosis and management.
- **"Injury"** means a state of health where a medical practitioner would determine that an athlete should not be swimming

2. Purpose

The purpose of this policy is to create a safe and positive environment for all participants. CKASC is committed to maintaining the health and wellbeing of everyone involved in the sport. Safety is of top priority for those participating in Artistic Swimming. This policy is intended to aid in proper management of participants with an injury or illness, including a concussion.

Prevention of injury, concussion and minimizing the spread of illness is of primary importance.

For concussions, prevention includes, but is not limited to:

- Education programs and training of all participants on prevention and recognition of injury and return to play policies
- Knowledge and adherence to the relevant Canada Artistic Swimming (CAS) documents including but not limited to:
 - CAS Concussion Policy:
<https://artisticswimming.ca/wp-content/uploads/2019/06/CAS-Concussion-Policy-June-17-2019-EN.pdf>
 - CAS Concussion Protocol:
<https://artisticswimming.ca/wp-content/uploads/2019/08/CAS-Concussion-Protocol-June-2019-v.3.1.pdf>
- Enforcement of the rules/guidelines of the pool and lifeguards
- Encouraging respect amongst all participants

3. Change History

This document is part of the Calgary Killarney Artistic Swim Club’s policy documents. The change history below is updated to reflect the changes made to the document over time.

Version	Date	Updated By	Description
0.1	11/10/19	LS, MG, SB	Initial Draft
1.0	Feb 5, 2020	C Dilger	Edited draft with feedback from the Board

4. Application of this Policy

This policy applies to all CKASC participants, which include swimmers, coaches, parents/guardians, officials/judges and administrators in both the non-competitive and competitive streams.

5. Illness

Other illnesses are to be evaluated on an individual or case-by-case basis. Participants with contagious infections (examples include but are not limited to Strep throat, Vomiting, Diarrhea, Fever) should not attend practices until resolution of symptoms. As a rule of thumb, if a swimmer is kept home from school due to illness, they shouldn’t swim. If a medical practitioner’s note is required for the participant to be excluded from activity, CKASC will require another medical note to return to sport.

6. Injury

In the case of an injury (either related or unrelated to artistic swimming), the athlete is encouraged to seek medical attention as appropriate. The athlete may be encouraged to attend practice with limited/restricted involvement (e.g. sitting on pool deck). If a medical practitioner’s note is required for the participant to be excluded from activity, CKASC will require another medical note to return to sport.

7. Concussions

CKASC is aware that head injury/concussions are a risk of the sport. CKASC recognizes the increased awareness of concussions and their potential long-term detrimental effects.

All participants are responsible for recognizing and reporting any swimmer with a suspected head injury, including swimmers who demonstrate any of the signs of a suspected concussion or report concussion related symptoms (see Concussion Recognition Tool 5 below). All participants are required to review the policies as follows:

Coaches

- Acknowledgment of Concussion Management Protocol with special consideration for recommendations in the Concussion Prevention Strategy (See *Appendix B*, page 18-21 of the CAS Concussion Protocol:
<https://artisticswimming.ca/wp-content/uploads/2019/08/CAS-Concussion-Protocol-June-2019-v.3.1.pdf>)
- Incident reporting and tracking related to injury.
- CKASC coaches are required to carry a copy of the Concussion Recognition Tool 5 (CRT5) on the pool deck: <https://bjism.bmj.com/content/bjsports/51/11/872.full.pdf>

Athletes/Families

- Review and sign concussion education document as per CAS annually (See *Appendix A*, page 13-17 of the CAS Concussion Protocol:
<https://artisticswimming.ca/wp-content/uploads/2019/08/CAS-Concussion-Protocol-June-2019-v.3.1.pdf>)
- Seek medical attention from a medical practitioner when a concussion is suspected.
- Follow the Canada Artistic Swimming Return-to-Sport Protocol in the event of a concussion. (See *Appendix F*, page 28-29 of the CAS Concussion Protocol:
<https://artisticswimming.ca/wp-content/uploads/2019/08/CAS-Concussion-Protocol-June-2019-v.3.1.pdf>)
- To further support swimmers, baseline concussion testing is available through the Benson Concussion Institute for athletes over the age of 10. An annual fee includes baseline testing and urgent assessment for suspected concussion.
<https://bciconcussion.ca>



Additional Resources

Parachute Canada:

<https://parachute.ca/en/injury-topic/concussion/>

Alberta Health Services Health Education and Learning (ahs.ca/heal):

<https://www.albertahealthservices.ca/info/page12430.aspx>