



Policy title:	Concussion Policy	Policy No: SSO 7-16
Approval authority:	Board of Directors	
Adopted:	2016	
Current version approved:	October 2016	
Related documents:	<i>Synchro-specific Concussion Guidelines</i> <i>SSO Synchro-specific Concussion Return to Play Protocol</i> <i>Pocket Concussion Recognition Tool</i> <i>Return to Synchro Concussion Progress Tracker</i> <i>SSO Concussion Information and Guidelines for Athletes and Parents</i>	
		Pages: 2

Definitions

1. *“Individuals”* – All categories of membership defined in Synchro Swim Ontario’s (“SSO”) By-laws, as well as all individuals employed by, or engaged in activities with, the SSO including, but not limited to, any director, officer, committee member, volunteer, coach, athlete, official, manager and member within SSO or its Members.
2. *“Members”* - The Regional Training Centre, Ontario and any Competitive, Recreational, Scholastic, University synchronized swimming club or Trillium awards program provider.

Purpose

The purpose of this policy is to contribute to a safe and positive sport environment through education and by making Individuals aware of synchro-specific resources to assist in recognizing and managing a concussion injury.

Application of This Policy

This Policy applies to SSO and its Members.

Responsibilities

Synchro Swim Ontario has made the following concussion-related resources available to Members:

1. Synchro Swim Ontario Synchro-specific Concussion Guidelines including:
 - a. SSO Synchro-specific Concussion Return to Play Protocol
 - b. Pocket Concussion Recognition Tool
 - c. Return to Synchro Concussion Progress Tracker
 - d. SSO Concussion Information and Guidelines for Athletes and Parents.

Synchro Swim Ontario will:

1. Maintain a system for collecting and analyzing concussion injury data reported by Members during the season
2. Assess changes in concussion rates over seasons and make recommendations on training or routine elements that put swimmers in a position of high risk for concussion injury
3. Develop concussion education resources for coaches
4. Provide annual concussion education sessions for Members, coaches and officials.



All Members have responsibility to:

1. Provide a copy of the Synchro Swim Ontario Synchro-specific Concussion Guidelines to coaches and all new and returning swimmers or their parents, as appropriate
2. Keep a copy of the Pocket Concussion Recognition Tool on deck and available to coaches
3. Submit an Incident Report for all instances of concussion injury
4. Modify or limit training or routine elements that put swimmers in a position of high risk for concussion injury based on SSO analysis and recommendations.