



## Return-to-Sport Protocol

### Designated Person(s)

In accordance with the requirements set out in Rowan's Law and its associated regulation, Skate Ontario is required to identify a designated person(s) as having specific responsibilities under the Removal-from-Sport and Return-to-Sport Protocols. 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 Removal-from-Sport and Return-to-Sport Protocols.

#### **Under the Return-to-Sport Protocol for Skate Ontario, the designated person(s) is/are responsible for ensuring 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 permitted to do so in accordance with the Skate Ontario 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 or 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 the 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 or guardian, provides a confirmation of medical clearance by the physician or nurse practitioner to the designated person(s)
- A skater is not permitted to return to training, practice or competition through Skate Ontario's graduated Return-to-Sport steps unless the skater, or if the skater is under 18 years of age, the skater's parent or 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 or guardian, has been informed of the importance of disclosing the diagnosis to any other sport organization with which the skater is registered or school that 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 or guardian, in carrying out their responsibilities under the Skate Ontario 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 of having been sustained during a sport activity associated with Skate Ontario:**

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 or 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 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 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
  - Skate Ontario has adopted the Skate Canada Concussion Protocol (effective June 25, 2024). See Appendix A.
- 4. Share Medical Advice
  - A skater, or the skater'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 skater, or if the skater is under 18 years of age, the skater's parent or 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 or 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 of Progression
  - Skate Ontario 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 or guardian, has provided a confirmation of medical clearance by a physician or nurse practitioner to the designated person(s)
  - This information will be kept on file by Skate Ontario in accordance with the Skate Ontario Records Retention Policy and Privacy Policy