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CONCUSSION POLICY

PURPOSE

1. JRA Aubous Inc. is committed to maintaining the health of its members and believes that a member's health is more important than participating in the sport of cycling. JRA Aubous Inc. recognizes the increased awareness of concussions and their long-term effects and JRA Aubous Inc. therefore enacts this Policy as a tool to help manage concussed and possibly-concussed members and preserve the health of its members.

SCOPE

2. This Policy applies to all JRA Aubous Inc. members.

PROCEDURE

3. During all cycling events sanctioned by JRA Aubous Inc., participants (which include ride leaders, 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 members or other individuals who have been involved in any of the above incidents and/or exhibit any of the above symptoms

4. Members or other individuals who have been involved in an incident that may cause a concussion, and/or who have visible damage to the helmet, and/or who may exhibit symptoms of a concussion shall be identified and removed from the cycling activity.

5. Following the member being removed from the cycling activity, the member's ride leader or other individual in charge of the member (if the member is a minor) or someone familiar to the member should:

- a) Call an emergency number (if the situation appears serious)
- b) Notify the member's parent (if the member is a minor) or someone close to the member (if the member is not a minor)
- c) Have a ride home for the member arranged

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- d) Reduce external stimulus (noise, other people, etc)
- e) Remain with the member until he or she can be taken home
- f) Encourage the consultation of a physician

RETURN TO CYCLING

6. Once the member's immediate needs have been met, the member's family or the member should be directed to the following:

a) An member who has been concussed should only return to cycling activity by following the steps outlined below and as directed by a physician:

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| STEP 1: | Complete cognitive and physical rest. Immediately consult a physician. 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 re-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 of cycling: 15 minutes of low intensity cycling. The environment should be managed so as to ensure the member is not in excessive traffic and that there is minimum risk of falling or colliding with other members. The member may also attempt basic balance drills. |
| STEP 6: | 30 minutes of cycling 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 workout. |
| STEP 8: | Full access to JRA Autobus Inc. rides once cleared by a physician. |
| STEP 9: | Return to unrestricted group riding with JRA Autobus Inc. |