

CONCUSSION POLICY addendum

OCA and the Government of Ontario are taking concussion protocol seriously. Going forward, OCA has requested that each OCA Affiliate Club have an outlined concussion policy in order to deal with any head injury arising from/during club sanctioned cycling activities.

Pre-Incident/Ride:

Any rider participating in a JRA Autobus Inc organized ride, as outlined on our ride schedule must wear a road cycling helmet no older than 4 years from today's date.

This helmet must be free of any visible damage

It is the responsibility of each individual ride participants to ensure that their helmet is not older than 4 years, and is free of any type of damage.

Ride leader reserves the right to refuse you the right to participate in any JRA Autobus Inc ride if there is visible signs of damage to the your helmet, or if the helmet is older than 4 years from today's date.

Incident:

Should any visible damage occur to a JRA Autobus Inc ride participants helmet before, or during a JRA I Autobus sanctioned ride, THAT PARTICIPANT'S RIDE IS OVER AND THAT PARTICIPANT WILL NOT BE ABLE TO CONTINUE RIDING WITH JRA Autobus Inc ON THAT IMMEDIATE RIDE.

Should damage to the participant's helmet occur from a fall, ride leader is to immediately assume that there is a concussion, stop the ride, and follow concussion protocol as outlined in the JRA Autobus Inc concussion policy.

Arrangements NEED to be made by the participant or ride leader to transport the participant to an appropriate location post incident as per our concussion policy.

Post-Incident

In order for any participant, who experienced a head impact on a JRA Autobus Inc sanctioned ride, to return to a JRA Autobus Inc ride, that participant must provide evidence from a medical doctor that the participant is clear to participate again.

Simply put: if you ride with JRA Autobus Inc you must have a new, damage free helmet. If you are waiting for the ride to start and drop your helmet and it dents/cracks, you can't come out on a ride until you get a new helmet. If you fall during a ride and hit your head ride stops for all, you will be assessed by the ride leader, and your ride is over – only difference will be whether you're going to the hospital to get checked out or if you're taking a taxi/uber home. If you did hit your head and there is evidence/diagnosis of a concussion you must get a doctors note in order to be allowed to come out again on a JRA Autobus Inc sanctioned ride.