

# Midland Curling Club Concussion Protocol:

Midland Curling Club rule:

- ◆ IF A CURLER FALLS AND HITS THEIR HEAD, OR OTHER EVENTS RESULT IN A SIGNIFICANT IMPACT OR SHAKE TO A PERSON'S HEAD, THE CURLER MUST STOP CURLING AND MANDATORY NO MORE PARTICIPATION FOR THAT GAME.

The red 3 ring binder in the club files has the concussion material for the junior athlete participation. Included in that notebook are several forms of guidelines and fact sheets. If you suspect that someone may have had a concussion (Junior or Adult), please refer to this material. While we tend to ask the person if he hit his head, just the sudden shake of the head in avoiding the impact may cause a concussion.

## Juniors

There are concussion requirements for Junior curling that are mandated by the State of Michigan (Public Acts 342 & 343 of 2012, [http://www.michigan.gov/mdhhs/0,5885,7-339-71548\\_54783\\_63943-295306--,00.html](http://www.michigan.gov/mdhhs/0,5885,7-339-71548_54783_63943-295306--,00.html) ). This protocol covers this requirements.

Here are the requirements for juniors (anyone below 18):

1. The coach, league chair or designee must complete training required by Public Act 343 of 2012 if a junior curler is part of their activity. At least one person with the training will be present during league play if a junior is curling.
2. The junior athlete and a parent should be provided with concussion information sheets (in the red notebook). An acknowledgment should be signed by the youth athlete and parent. For juniors who are participating in a junior league the primary coaches will be responsible. For juniors who are not participating in a junior league, the league chair or his designee should provide the information to the junior athlete and forward the acknowledgment to the Concussion Forms Coordinator for log-in and filing.
3. If it is suspected that a junior may have a concussion, they will be removed from the game and observed until a parent arrives..
4. When the parent arrives to pick up the youth athlete, the coach, league chair or designee will discuss the incident with the parent, provide a copy of the fact sheet, and recommend that the youth be evaluated
5. If a junior has been removed from play due to a suspected concussion, the junior cannot resume play without a written release from a medical professional who is qualified to evaluate for a concussion.
6. If the junior had a concussion, resumption of play is on a gradual basis requiring several weeks as directed by the medical evaluation.
7. We (the Midland Curling Club) are required to keep a log of any concussions to juniors. The coach, league chair or designee will log the incident on the forms provided in the red notebook.
8. Additionally, the coach, league chair or designee will inform the board, and the Midland Curling Club league chairs of the details of any incident.

This Includes Juniors (under 18) playing on our Open Leagues.

The steps mentioned above are required by Michigan state law.

## **Adults**

If you are an Adult curler and have a head hit it is highly recommended that you seek medical advice in case of concussion.

Use the fact sheets in the ring binder to help the curler make a decision. This could include driving them to Emergency Care.

For head protection consider wearing padded hats or other devices such as those offered at the following link:

<http://www.goldlinecurling.com/en/curling-catalogue/headfirst.html>

## **Additional Training and Education**

### **Online Courses on Concussion Management, Heat Illness, and Sudden Cardiac Arrest Now Available from Human Kinetics**

Human Kinetics Coach Education and Sports Safety International (SSI) have partnered to offer high school coaches, athletic trainers, administrators, and parents online training on concussion, heat illness, and sudden cardiac arrest.

Concussion Wise, Cardiac Wise, and Heat Wise are available at [www.HumanKineticsCoachEducationCenter.com](http://www.HumanKineticsCoachEducationCenter.com) . Each online course is specifically crafted to assist coaches in the prevention and management of the conditions they address. Concussion Wise is designed and updated to be in accordance with state requirements.

For more information on SSI courses, visit the Human Kinetics Coach Education Center or contact Jerry Reeder, Assistant Director, at 800-747-5698, ext. 2325, or [JerryR@hkusa.com](mailto:JerryR@hkusa.com).