



SASKATOON DIVING CLUB

Injury Management Process

Injury Prevention Plan

1. General Assessment

Recognizing if kids enter practice with an injury, ache, pain, or have an injury occur during practice. Assessment is done by direct coach, and discussion with Head Coach determining action. Head Coach determines if lifeguard is required, or if child needs ice, time from practice, hospital visit. If no lifeguard required, no present injury, coach assesses if child can continue to dive fully or partially, based on discussion and assessment of child's movement ability.

2. Warm-Up/Cool Downs

Coaches ensure daily Warm-ups occur correctly to prepare your body for play, and cool-down and stretch the right way to help the body recover and to prevent injury.

3. Physical Conditioning

Dryland work-outs are prepared to mimic the needs of the athlete in the water according to the needs of required dives. The higher level of athlete, the more strenuous and demanding is the strength and conditioning plan to prevent injuries and handle the load of Elite training.

4. Technique

The coaches ensure proper technique is used according to National standards and the standards of professional physical trainers. Twenty (20) sessions per year are dedicated to proper drills and proper technique with the aid of a Professional Assigned Physical Trainer. The Coaches also ensure proper technical use of equipment.

5. Equipment

The Head coach and all coaches ensure equipment is regularly checked to ensure replacement and upkeep occurs before equipment wear and tear breaks down.

6. Hydration & Nutrition

Hydration is encouraged continuously throughout practices. Water bottles are encouraged. Guidelines are specified in Parent Handbook to ensure proper nutrition is attainable.

7. Injury Reporting

All injuries, aches and pains, are reported daily and sent to Board of Directors and the family of the athlete for record. Families are given a 'Game Day Accident Insurance Claim' form when an injury occurs. See Attachment.

8. Injury Management

Correct assessment is encouraged by a medical professional to identify problem, treatment, and rehabilitation occurs before return to normal activity. A slow methodical approach is used when returning back to regular activity.

9. Return To Play Protocol

See Attachment

10. Concussion Protocol

See attachment

11. Assessment Protocol

See Attachment



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Injury and Insurance Claim Procedure

Every registered Diver has accident insurance to cover expenses that may be incurred if an injury occurs while taking part in sanctioned Diving activities.

These instructions and Accident Claim Forms should be kept in an easily accessible place at the pool and all coaches should be familiar with this procedure.

1. If an athlete is injured to the extent that they must see a doctor:
 - a. Download the Accident Claim Form that is found on the Dive Sask website (Policy/ Insurance).
 - b. The coach should fill in the question on the first page asking exactly how the accident occurred.
 - c. Give the form to the parents - they must have it filled out by the doctor.
 - d. Ask them to return the **original** forms when completed to **Dive Sask** - within 21 days at the most. I will then fill in the bottom section of the form (Certificate of Team Manager) and submit the form to DPC and to the Insurance Company before the 30 day limit has expired. If they have receipts for expenses they can forward those as well.
 - e. Even if the parents do not expect to have any expenses, explain to them that it is still a good idea to submit the claim form just in case expenses (such as physio) arise at a later date. If the claim has not been filed within 30 days, it will be too late if something arises later.
 - f. The Head Coach should then send an email to Dive Sask explaining exactly what happened.
2. If an athlete has a significant injury but the parent does not want to see a doctor
 - a. The coach or the Head Coach should send an email to Dive Sask explaining what happened and what the parent's response was.
3. If an athlete has a very minor injury, it is not necessary to inform Dive Sask



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Return to Play Protocol

Because kids are usually eager to return to play and don't have the discipline to take these steps on their own, and because parents don't have the experience to know when it is safe for their child to progress to the next step, consulting with an athletic trainer (AT) and/or physical therapist at each step along the way is our primary method of action. All take time, patience and encouragement.

1. **Allow healing**

While your child is bruised and sore, and perhaps on crutches or in a cast or splint, he/she probably will not be tempted to begin exercising the part of his body that is still hurting. If the athlete insists on training, or the coach encourages continued training while avoiding any use of the injured area, consultation with a Professional Trainer will occur.

2. **Nutrition & Health**

Injury time is a great time to gain perspective that Nutrition and Health are the priorities in life. This is a great time to focus on proper nutritional goals, and ensure good sleeping habits occur.

3. **Restore full range of motion and function in the injured area**

Your child should be doing the exercises his doctor or physical therapist has prescribed to restore range of motion (if he does not, he may never get the range of motion back!). Using ankles as example, if your child can move the injured ankle in the same way and as far as his good ankle, he is ready to move on to the next step in the recovery process. Activities are not done unless there is the ability to have full range of motion. There are many other activities in diving that can and will occur while waiting for healing of a specific area.

4. **Regain normal gait**

After a leg injury, many athletes find that they have lost their usual gait (the way the normally walk). When your child appears to you to be walking and jogging normally, she is ready for the next step in coming back from her injury.

5. **Regain muscle strength**

After an injury that has kept your child from exercising for any length of time, he needs to build back the strength in muscles that have been resting. His doctor or trainer should give him weight-training exercises to build up the weakened muscles.

6. **Regain endurance**

Fortunately, most healthy athletes, especially kids, regain their endurance pretty quickly, but your child won't be really ready to play again until he does. It's important that, in building endurance, your child doesn't stress his system. He should do activities like swimming, running in the water, biking or rowing. Working out three times a week for 30 minutes each time should be enough.

7. **Regain skills**

If your child has been away from the sport for any length of time, the skills won't be as sharp as they were before the injury. Slow return to normal activity is encouraged before attempting difficult moves.



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8. Regain confidence

- a. When a child suffers an injury that keeps him out of sports for an extended period of time, he suffers a psychological loss as well as physical injury. It is therefore important for him to not only be physically ready to return to sports but psychologically ready as well. A slow approach to normal activity also allows for a slow re-building of self-confidence.



Graduated Return to Play Protocol

<p>1. NO ACTIVITY (RECOVERY)</p> <p><i>Complete Physical and Cognitive Rest until Medical Clearance</i></p>	<p>2. LIGHT AEROBIC EXERCISE (INCREASE HEART RATE)</p> <p><i>Walking, Swimming, Stationary Cycling</i></p> <p>Heart Rate <70% - 15 min</p>	<p>3. SPORT SPECIFIC EXERCISE (ADD MOVEMENT)</p> <p><i>Skating Drills (Ice Hockey), Running Drills (Soccer, etc)</i></p> <p><i>NO Head Impact Activities</i></p> <p>Heart Rate <80% - 45 min</p>	<p>4. NON-CONTACT TRAINING DRILLS (INCREASED EXERCISE, COORDINATION & ATTENTION)</p> <p><i>Progress to Complex Training Drills (e.g., Passing Drills, etc)</i></p> <p><i>May Start Resistance Training</i></p> <p>Heart Rate <90% - 60 min</p>	<p>5. FULL CONTACT PRACTICE (RESTORE CONFIDENCE & ASSESS FUNCTIONAL SKILLS)</p> <p><i>If Symptom Free, Return to Normal Training Activities</i></p>
<p><i>Symptom Free for 24 Hours?</i></p> <p>Yes: Begin Step 2</p> <p>No: Continue Resting</p>	<p><i>Symptom Free for Next 24 hours?</i></p> <p>Yes: Move to Step 3</p> <p>No: Rest Further until Symptom Free</p>	<p><i>Symptom Free for Next 24 Hours?</i></p> <p>Yes: Move to Step 4</p> <p>No: Return to Step 2 until Symptom Free</p>	<p><i>Symptom Free for Next 24 Hours?</i></p> <p>Yes: Move to Step 5</p> <p>No: Return to Step 3 until Symptom Free</p>	<p><i>Symptom Free Next 24 Hours?</i></p> <p>Yes: Return to Play</p> <p>No: Return to Step 4 until Symptom Free</p>
<p>Date Attained:</p>	<p>Date Attained:</p>	<p>Date Attained:</p>	<p>Date Attained:</p>	<p>Date Attained:</p>

Reference: Consensus Statement on Concussion in Sport: the 3rd International Conference on Concussion in Sport held in Zurich (2008), Br J of Sports Med 2009; 43: i76-i84 doi:10.1136/bjism.2009.058248

COMPLETE CONCUSSION MANAGEMENT AT CRAVEN SPORT SERVICES

Overview:

- A concussion is a disturbance in brain function that can result from EITHER a direct blow to the head or indirect “impulsive” forces that are transmitted to the head.
- Concussions MAY or MAY NOT involve a loss of consciousness, and severity of initial symptoms does not predict the length of recovery.
- Absolute REST is necessary initially to allow recovery of the energy deficit, but can become detrimental beyond 2 weeks.
- 85-90% of concussions will resolve symptomatically in 7-10 days, BUT studies have shown that even with symptom resolution there are still deficits in balance, reaction time, and neurocognitive function.
- Returning to school, activity, sport, or work too early significantly increases the risk of SECOND IMPACT SYNDROME, which can result in permanent or fatal brain injury.
- Concussions are TREATABLE injuries, including visual, vestibular, and balance therapy, treatment of underlying cervical spine issues, and controlled exercise rehab.

As a certified **Complete Concussion Management** clinic, **Craven SPORT services** is fully qualified to carry out comprehensive baseline testing, complete acute and chronic concussion assessments, guide athletes through the rehabilitation and recovery process, and ultimately provide clearance for returning to school, activity, sport, and work.

For more information, please visit www.completeconcussions.com



COMPLETE CONCUSSION MANAGEMENT AT CRAVEN SPORT SERVICES

What is Baseline Testing?

- It is a battery of tests that measures all areas of brain function
- The key is that baseline testing must be comprehensive in order to assess all of the systems that can be affected.
- Looking at any one parameter is only one piece of the puzzle, so we must look at the whole picture if we are to make a responsible decision regarding return-to-play following a concussion.

Components of a Comprehensive Baseline Test:

- Medical/Concussion History
- Symptom Evaluation
- Orientation
- Memory
- Concentration
- Visual Tracking and Processing
- Balance (BESS)
- Force Plate Analysis of Postural Sway
- Reaction Time
- Motor Strength
- Online ImPACT Test (Only with Athletes > 12 Years)

Why is it Important?

- Basing recovery on symptoms alone is unreliable.
 - Feeling better ≠ being better!
- The brain is extremely vulnerable during recovery.
- In order to know when an athlete has fully recovered, we first have to know how their brain functions when in a healthy or uninjured state.
- In the event that the athlete gets concussed, baseline testing allows us to compare their post-injury brain function to their normal state, and objectively determine when they have fully recovered and are safe to return to sport without elevated risk.



COMPLETE CONCUSSION MANAGEMENT AT CRAVEN SPORT SERVICES

Baseline Testing Rates:

- Individual Baseline Testing Rates:
 - \$100/athlete for ages 12 and under
 - \$110/athlete for ages 13 and over
(additional cost due to cost of computerized ImPACT test)
- Team Baseline Testing Rates:
 - \$60/athlete for ages 12 and under
 - \$70/athlete for ages 13 and over

Payment:

- Since all baseline testing and post-injury management of concussions at Craven SPORT services is carried out by licensed physiotherapists, this service is covered by most insurance plans. Parents will initially pay out of pocket, and then they will be issued a receipt which they can submit to their insurance for reimbursement.
- Athletes that register for testing but do not show up will be charged the team baseline testing rate described above (\$60/\$70).

Registration:

- Craven SPORT services will contact each athlete and their parents via email.
- The email will contain information about how to register online with the Complete Concussion Management system. Please complete the registration process prior to arriving at the clinic for testing.
- Athletes completing baseline testing will be registered with the Complete Concussion Management online database. This means that their information would be accessible at each of the over 100 certified clinics across Canada if an athlete were to get concussed while travelling with their team within or outside of the province.



COMPLETE CONCUSSION MANAGEMENT AT CRAVEN SPORT SERVICES

Location:

- Baseline testing will be conducted at:
Craven SPORT services
#3 – 701 2nd Ave N
Saskatoon SK S7K 2C9
- Please arrive 15 minutes prior to the designated time for your group.

Follow-up Management:

- In the event that an athlete gets concussed, it is recommended that they follow up with a qualified health care practitioner within 24-48 hours of their concussion.
- Please call Craven SPORT services at (306) 934-2011 to have your athlete seen within 24-48 hours.
- After being assessed and cleared of any red flags that would warrant the need for emergency referral, athletes will be provided with education regarding the nature of their concussion and the recovery process, along with guidance regarding appropriate rest, returning to school with modifications, and proper nutrition to guide recovery.
- They will be guided and progressed through the 10 step Complete Concussion Management return-to-learn and return-to-play protocol, with each step separated by at least 24 hours.
- Athletes are progressed through the stages according to their symptoms, and clearance for contact and full return-to-play is given only after the passing of intense physical exertion testing without symptom exacerbation, as well as retesting against their baseline when applicable.
- Supplementary treatment (i.e. manual therapy of the neck, vision/balance rehab, etc.) would also be recommended and additional referrals would be made when required to ensure the athlete makes a quick and full recovery from their concussion.
- Post injury assessments and follow-up management is not covered by the baseline testing fee. Athletes and their parents would be responsible for covering the cost of treatment following a concussion.





435 McNeilly Road, Suite 103
Stoney Creek, Ontario L8E 5E3
info@gamedayinsurance.ca

SPORT ACCIDENT CLAIM FORM

Full name of Insured Person (member) _____
Date of Birth (mm/dd/yyyy) _____ Male / Female _____
Mailing Address including City and Postal Code _____

Contact Person if claimant is a minor (parent or guardian) _____
Home Phone _____ Daytime Phone Number: _____
Email address _____

Date of Accident _____
Location of Accident _____
Describe in detail how the accident occurred _____

Type of Injury _____
Name of Doctor/Dentist _____
Address of Doctor/Dentist _____

Do you have other benefits provided under any other insurance plan? _____
If yes, please provide name of Insurer and policy number (certificate) _____

I hereby certify that all information provided in this accident form is correct.
Claimant/Guardian signature _____ Date _____

Certificate of Team Manager / Association or Club Executive:
Name of Team/ League/Association _____
Policy Number _____ Was the player a member at the time of the accident? _____
Was the injury during a sanctioned game or practice? _____
Name _____ Position _____
Signature _____ Phone number _____
Date _____

See Instruction Page for further details on submitting claims



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PHYSICIAN'S STATEMENT

Please complete this form and return to patient. Patient's accident claim cannot be processed without the completed Physician Statement

Name of Patient _____

Date of Birth (mm/dd/yyyy) _____ Male / Female _____

Mailing Address including City and Postal Code _____

Date of first visit _____

Complete description of the injury and your diagnosis

If hospital was required, give name of facility _____

Date admitted _____ Discharge date _____

Name of referring physician, if any _____

Physician Name _____

Signature _____

Address _____

Date _____

ACCIDENT CLAIM FORM INSTRUCTIONS

- ⇒ GameDay Insurance must receive notification of your accident within 30 days of it occurring and receive your claim form within 90 days of the accident.
- ⇒ Complete attached Sport Accident Claim Form and Physician Statement. If your claim is for dental injury have your dentist complete and submit a Predetermination Form.
- ⇒ Forward forms along with original copies of expense receipts to date to your broker.
 - Pearson Dunn Insurance Inc.
435 McNeilly Road, Suite 103
Stoney Creek, ON L8E 5E3
1-800-461-5087
- ⇒ If you intend to make a claim but have not had out of pocket expenses to date, complete and submit claim form indicating that receipts are to follow.
- ⇒ If you have questions regarding submission of forms please contact your broker.

Injury/Incident Report

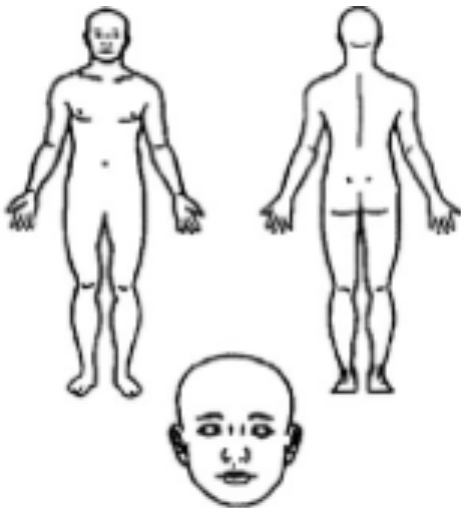
Diver Name: _____

Coach: _____

Time and Date: _____

Location of incident: _____

Description of incident: _____



Reason for presentation: new injury reoccurring injury

Treatment: ice band-aid rest from practice

Other treatment (explain):

Mark injured area on diagram

Advice given: unrestricted return to practice return to practice with restrictions unable to return to practice

Comments: _____
