

SafeSport Policy and Concussion Policy

SafeSport Policy

U.S. Figure Skating and the Bismarck Figure Skating Club strive to provide a safe environment for its members, one that is free of abuse and harassment. The association will not

tolerate or condone any form of harassment or abuse of any of its members including athletes, coaches, officials, directors, employees, parents, volunteers or any other persons while they are participating in or preparing for a figure skating activity or event conducted under the auspices of U.S. Figure Skating. All forms of abuse and harassment are unacceptable and in direct conflict with U.S. Figure Skating rules.



Make the Commitment
Stop Abuse in Sport

Brought to you by the U.S. Olympic Committee's SafeSport initiative



Our program directors will monitor the SafeSport policies and procedures of the club, verifying that all of the coaches who are engaged in any type of coaching activity with any club skater are in compliance with the USFS coaching membership rules regarding background checks and continuing education requirements; and serve as the initial contact in the club for persons to report suspected abuse, misconduct or other violations, and when necessary, report such info to USFS.

Concussion Policy

Figure skating is not a sanctioned sport by the North Dakota High School Activities Association. As such, our athletes are *not* covered under the Concussion Management Procedure developed by the NDHSAA in accordance with North Dakota State Law. The club feels compelled to institute a policy which ensures that skaters who are subjected to incidents on or off of the ice are evaluated and if diagnosed with a concussion, given the appropriate direction and care to return to their skating only when deemed safe by their physician.

The BFSC has adopted a Concussion Policy to guide Athletes, Coaches and Parents in the safe management and return to skating for our athletes who have experienced any incident on or off of the ice that places them at risk of a concussion. The policy is as follows:

Section 1 - Any athlete that has or is suspected of having a concussion should be removed from play and not allowed to return to activity on the day of injury.

- A. The determination of potential concussion can be made by coaching staff, fellow athletes, parents or medical/athletic personnel trained in the immediate evaluation of concussion.
- B. All coaches will be required annually to complete the free [“Concussion in Sport – What you Need To Know”](#) course on the National Federation of State High School Activities website.
- C. It is recommended that **all athletes and their parents** complete the free [“Concussion in Sport – What you Need to Know”](#) course on the National Federation of State High School Activities website.

Section 2 - Any athlete suspected of concussive symptoms must be evaluated by a physician at the earliest possible convenience. Any athlete that has or is suspected of having a concussion must be cleared by their physician *in writing* before they can return to practice or competition.

- A. The following situations constitute a medical emergency and require that an athlete be transported immediately to the nearest emergency department via ambulance:
- An athlete who loses consciousness for **any** duration
 - An athlete who has symptoms of a concussion and is not stable (i.e. condition is changing or deteriorating)
 - An athlete who exhibits any of the following symptoms:
 - Deterioration of neurologic function
 - Decreasing level of consciousness (wakefulness)
 - Decrease or irregularity in respirations (breathing)
 - Any signs or symptoms of associated injuries such as spine or skull fracture or bleeding
 - Mental status changes: lethargy, difficulty maintaining arousal, confusion or agitation
 - Seizure activity
- B. Once an athlete has a suspected non-emergent concussion and is removed from play:
- Athlete's parents will be notified
 - Athlete may not drive home
 - The athlete's parent(s) will be directed to seek medical evaluation of the athlete from a physician at the earliest convenience
 - If unable to contact parents, athlete needs to be transported home and remain accompanied by a responsible adult
- C. If an athlete is suspected of having a concussion, it is recommended that a Sport Concussion Assessment Tool (SCAT3-13 years and older or ChildSCAT3 for athletes age 5 to 12) be completed by their physician.

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