

## North York Cosmos S.C. Removal from Sport Protocols

Under the Removal-from-Sport protocol for [The North York Cosmos S.C.](#), the designated person(s) is/are responsible for ensuring that:

- An athlete is immediately removed from further training, practice or competition if the athlete has sustained a concussion or is suspected of having sustained a concussion, regardless of whether or not the concussion was sustained from a sport activity associated with [The North York Cosmos S.C.](#);
- If in the opinion of the designated person(s), there is an emergency and/or any red flag signs and/or symptoms appear – including those resulting from a suspected concussion, call 911;
- If the athlete is under 18 years of age, the parent or guardian is informed of the removal;
- The athlete, or the parent or guardian if the athlete is under 18 years of age, is advised that the athlete is required to undergo a medical assessment by a physician or nurse practitioner before the athlete will be permitted to return to training, practice or competition, according to the Return-to-Sport protocol for [The North York Cosmos](#);
- The athlete or, if the athlete is under 18 years of age, the athlete's parent or guardian, receives the Removal-from-Sport and Return-to-Sport protocols for [The North York Cosmos S.C.](#) as soon as possible after the athlete's removal;
- Once removed, the athlete is not permitted to return to training, practice or competition, except in accordance with [The North York Cosmos S.C.](#) Return-to-Sport protocol.

Under the Return-to-Sport protocol for [The North York Cosmos S.C.](#), the designated person(s) is/are responsible for ensuring that:

- An athlete who has sustained a concussion or is suspected of having sustained a concussion does not return to training, practice or competition until permitted to do so in accordance with [The North York Cosmos S.C.](#) Return-to-Sport protocol;
- When an athlete has **not** been diagnosed with a concussion, the athlete is only permitted to return to training, practice or competition if the athlete or, if the athlete is under 18 years of

age, the athlete's parent or guardian, provides confirmation to the designated person(s) about the outcome of the athlete's medical assessment, specifically that the athlete:

- has undergone a medical assessment by a physician or nurse practitioner and has **not** been diagnosed as having a concussion, and
  - has been medically cleared to return to training, practice or competition by a physician or nurse practitioner;
- When an athlete is diagnosed by a physician or nurse practitioner as having a concussion, the athlete is not permitted to move on to unrestricted training, practice or competition unless the athlete or, if the athlete is under 18 years of age, the athlete's parent or guardian, provides a confirmation of medical clearance by the physician or nurse practitioner to the designated person(s);
- An athlete is not permitted to return to training, practice or competition through [The North York Cosmos S.C](#) graduated Return-to-Sport steps unless the athlete or, if the athlete is under 18 years of age, the athlete's parent or guardian has shared the medical advice or recommendations they received, if any, with the designated person(s);
- When an athlete is diagnosed by a physician or nurse practitioner as having a concussion, the athlete or, if the athlete is under 18 years of age, the athlete's parent/guardian, has been informed of the importance of disclosing the diagnosis to any other sport organization with which the athlete is registered or school that the athlete attends.

The regulation states that a designated person(s) may rely on the information received from an athlete or, if the athlete is under 18 years of age, from the athlete’s parent or guardian, in carrying out their responsibilities under [The North York Cosmos S.C.](#) Return-to-Sport protocol.

<p><b>The following individual(s) is/are recognized by <a href="#">The North York Cosmos S.C.</a> as the “designated person(s)” with respect to Removal-from-Sport and Return-to-Sport protocols for <a href="#">The North York Cosmos S.C.</a>:</b></p>
<p>Name and Role of Designated person(s): Team Coach or Team Official</p>
<p>Date:</p>
<p>Term of designation: Reviewed Annually</p>

**North York Cosmos Policy for collection, disclosure and disposal of personal information**

*In accordance with Rowan’s Law, the North York Cosmos will limit the collection, use, and disclosure of personal information to that which is reasonably necessary for the purpose of carrying out the sport organization’s protocols, and to limit access to such personal information to only those individuals who require it for the purpose of fulfilling their duties or obligations under the Act. Personal information collected under this protocol shall be retained, disclosed and disposed of in a secure manner and in accordance with the sport organization’s personal information retention policy.*

## Removal-from-Sport Protocol

The following outlines a process for immediate removal of an athlete who is suspected of having sustained a concussion. **In accordance with Rowan's Law, The Gov't of Ont. and Canada Soccer.**

### 1. Remove the Athlete

Designated person(s) to immediately remove the athlete from further training, practice or competition if the athlete has sustained a concussion or is suspected of having sustained a concussion regardless of whether the concussion or suspected concussion was sustained from an activity associated with [The North York Cosmos](#)

### 2. Call 9-1-1 if Emergency

Designated person(s) to call 9-1-1 if in their opinion, doing so is necessary (e.g., if there is an emergency and any red flag signs and/or symptoms appear).

### 3. Inform

If the athlete is under 18 years of age, Designated person(s) to inform the athlete's parent or guardian about the removal from further training, practice or competition.

Designated person(s) to advise the athlete, or the parent or guardian if the athlete is under 18 years of age, that the athlete is required to undergo a medical assessment by a physician or nurse practitioner before the athlete will be permitted to return to training, practice or competition.

A medical assessment determines whether the athlete has a concussion. An athlete will not be permitted to return to training, practice or competition until they receive medical clearance by a physician or nurse practitioner to do so.

### 4. Give Protocols

Designated person(s) to provide the athlete or, if the athlete is under 18 years of age, the athlete's parent or guardian, with [The North York Cosmos S.C.](#) Removal-from-Sport and Return-to-Sport protocols as soon as possible after the athlete has been removed from further training, practice or competition.

## **5. Record the Incident**

Make and keep a record of all incidents where an athlete is removed from further training, practice or competition because they are suspected of having sustained a concussion regardless of whether the athlete is later diagnosed with a concussion. *(See North York Cosmos Policy for collection, disclosure and disposal of personal information).*

## **6. Returning to Training, Practice or Competition**

Once removed, the athlete is not permitted to return to training, practice or competition, except in accordance with [The North York Cosmos S.C.](#) Return-to-Sport protocol.