



Host Medical Services (HMS)

HMS will be onsite for the duration of CheerExpo, Friday, March 27th through Sunday, March 29th, 2020. Should an athlete require assistance please look for the staff wearing designated medical shirts. HMS will be set up to the left of the stage in the Forum, as well as in the practice area of the Civic Centre.

Team medical information

Coaches will be responsible for having their athletes' health information including name, age, health card number, allergy and medical information, and emergency contact information. Should an athlete need to be transported to hospital, this information will be absolutely necessary. This cannot always be obtained from the athlete in the case of an emergency so please be prepared.

Taping

The service of taping will be provided at no cost to athletes who come with their own supplies. Athletes who wish to use the HMS supplied tape will be charged \$5 per tape job. This must be in exact change, as HMS will not be carrying any money.

Injury Policy

Any athlete acting against medical advice from HMS will be asked to sign the SPC Injury policy, thereby absolving the Host Medical Services and the organizers of CheerExpo of any responsibility. The exception will be athletes identified as having a concussion, who will not be permitted to return to practice/competition, as outlined below.

CheerExpo Concussion Policy

All coaches, administrators and parents under the jurisdiction of Cheer Canada, must acknowledge and understand that they cannot allow any athlete identified as, or suspected of, having suffered a concussion or traumatic brain injury to return to practice or competition without written permission from a member of HMS. Given the current protocols for return to play after sustaining a concussion (five days of progressive return to activity) and the short duration of this event, no athlete will be permitted to compete for the remainder of the competition if identified as having suffered a concussion. Please see the attached concussion policy for additional information.

If you have any questions or concerns prior to competition, please contact Tara Lind, chief therapist, at tara.physio@gmail.com



WAIVER OF RESPONSIBILITY FOR COMPETING AGAINST MEDICAL ADVICE

The athlete/undersigned acknowledges that he/she has been advised not to continue competing at the CheerExpo Cheerleading and Dance Events Inc. event (CheerExpo), due to medical reasons. These reasons have been explained fully to the athlete/undersigned and the guardian for the undersigned.

Despite the advice given, the athlete/undersigned intends to continue in competition and understands that as a result of this decision, may place himself/herself and others at risk for further injury.

The athlete/undersigned hereby absolves Host Medical Services, the event facility, CheerExpo Cheerleading and Dance Events Inc. (CheerExpo), and their respective employees, partners, members, volunteers, instructors, exhibitors, clients, contractors, directors, speakers, officers, and owners from any and all claims, demands, and causes of action for any injury to persons or property resulting from participation in CheerExpo competitions, events, and or activities and also absolves Sport Physiotherapy Canada and it's volunteers of liability as a result of this decision.

Athlete's Name: _____

Athlete's Signature: _____

Guardian (Coach or Parent) Name: _____

Guardian (Coach or Parent) Signature: _____

Date and time: _____

Medical Personnel Name: _____

Signature of medical personnel: _____

Athlete refuses to sign: _____

(Witness)

*** Assessment form with recommendations attached**



Policy on Head Injuries and Concussions 2020

As a result of the current research and protocols for concussions, the Host Medical Committee (HMC) for the 2020 CheerExpo, has developed this Policy for the protection and benefit of the athletes competing in cheerleading at this event.

1. A brain injury or a concussion could happen as a result of various blows to the head/jaw or upper body which are significant enough to cause the brain to “shake” within the skull. This trauma has the ability to cause symptoms of concussion (also known as a minor traumatic brain injury or mTBI). In most sports, coaches do not necessarily have the experience or medical expertise to recognize the subtleties of a concussion or mTBI. Thus it must be acknowledged that a person in a ‘concussed state’ could appear to the normal observer to be ‘out of it, punch drunk or dazed’. Symptoms include, but are not limited to, headaches, sensitivity to light, sensitivity to noise, loss of consciousness, irritability, slow reaction time, drowsiness, slurred speech, double vision, nausea/vomiting or difficulties with balance or coordination.
2. Even when diagnosed by a health care professional, based on a SCAT5 evaluation, a diagnostic imaging such as a CT scan or MRI, may not provide any additional information pertaining to a concussion. Thus, despite a report of “normal” diagnostic imaging, this does not preclude the possibility of a concussion, which may be severe. Consequently members of Host Medical Services (HMS) for CheerExpo, will suggest being “safe rather than sorry”, when clinically indicated.
3. More severe injury such as skull fracture, swelling, or bleeding in the brain may not be evident but may indeed be present. Risk for second impact injury when a concussion is already present can be life threatening.
4. An injury, when present, could be temporary or permanent. A blood clot may be present which could be fatal. Thus it is important that any athlete who sustains a head injury and exhibits any of the symptoms noted above, be evaluated by one of the health care professionals of HMS.
5. HMS requests that every athlete competing in the 2020 CheerExpo, be treated as if they were our own. Therefore when it comes to posing the question “I wonder if he/she has a concussion?”, members of HMS will be on site to assist in evaluating that athlete. Members of HMS believe that the health and safety of the athletes is more important than anything else and as such, every precaution will be taken for an athlete who has suffered a suspected or identified head injury, before he/she is permitted to return to a practice or competition situation.

6. HMS will be on site at all times. The primary Medical Area is located in the first alcove to the left of the main stage. There will also be a member of HMS stationed in the Civic Centre to oversee the practice area. HMS members are fully qualified to identify the signs and symptoms of concussion. If the symptoms are worse, or a serious head injury is suspected, 911 will be called by HMS and the athlete will be stabilized until such time as Emergency Health Services (EHS) arrives.
7. For the purposes of the 2020 CheerExpo, the Sport Concussion Assessment Tool (5th edition) will be used. This document is also known as SCAT5, and is the latest version.

PROCEDURES

- A. An athlete suspected of a concussion must cease practicing or competing immediately. This may happen on or off the main stage, in competition or in practice. The coach must remove the player from participation and accompany the athlete to the Host Medical Services area (to the left of the stage). The final decision as to whether the athlete does, or does not, have a concussion is that of HMS. An athlete will not be allowed to return to practice or competition until he/she has been cleared by a member of HMS.
- B. An athlete diagnosed as being concussed by a member of the Host Medical Team must cease all activities immediately. This is not a coaching or parental decision, but rather a responsibility to the athlete. Appropriate injury report forms will be completed by a member of HMS.
- C. All coaches, administrators and parents under the jurisdiction of Cheer Canada, must acknowledge and understand that they cannot allow any athlete diagnosed as having suffered a concussion or mTBI, to return to practice or competition without written permission from a member of HMS. Given the current protocols for return to play after sustaining a concussion, there is a graduated return to play protocol which the athletes will be advised of. The athlete should be followed up by their family physician after the competition.
- D. Given the short duration of this event, and the fact that five days of progressive activity are required for safe 'return to play', no athlete, regardless of status, will be permitted to compete for the remainder of the competition if diagnosed with a concussion.
- E. In the event of a suspected head or spinal injury, an athlete will be stabilized in the position found, assessed and determined by members of HMS as to the next course of action. If EHS is to be called, a member of HMS will be assigned to do so.