

CADS National Concussion Policy

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Responsible Executive	Chair, CADS National HR & Policy Committee
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Contact	Executive Director, Amy Royea
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The web-based document is the controlled version.

The Responsible Executive will publish revisions to this document on the CADS National Website www.cads.ski and may simultaneously distribute alerts via email notification to concerned parties.

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Executive Summary

The safety and well-being of our members, instructors and participants are our top priorities. To ensure a safe and enjoyable learning environment, we have implemented the following concussion policy for all CADS training programs.

1. Education and Awareness:

- 1.1. All CADS Instructors, Evaluators, and Course Conductors are recommended to undergo training on recognizing the signs and symptoms of a concussion (e.g.: NCCP “Making Headway” training course).
- 1.2. CADS Members will also be encouraged to complete the above training, in order to ensure they have up to date knowledge regarding potential risks.
- 1.3. Participants will be provided with information regarding the importance of reporting any potential head injuries.

2. Pre-Participation Waiver and Acknowledgement:

- 2.1. Participants will be required to sign a waiver acknowledging the risks associated with participating in CADS programs, and confirming their understanding of the concussion policy.

3. Reporting & Evaluation:

- 3.1. If an Instructor suspects that either they, or another participant, has sustained a concussion during a training event, they must immediately stop the activity and report it to the designated Club representative, Division representative and an incident report must be submitted to CADS National Office, as well as resort ski patrol.
- 3.2. Any participant who experiences a blow to the head or exhibits signs of a concussion, such as headache, dizziness, confusion, nausea, or loss of consciousness, must seek medical evaluation promptly from resort ski patrol.
- 3.3. Participants will not be permitted to return to training or teaching until they have been evaluated by a qualified healthcare professional and received clearance to resume activities.

4. Return-to-Play Protocol:

- 4.1. Instructors or participants who have been diagnosed with a concussion will be required to follow a graduated return-to-play protocol – as outlined by Parachute Canada: <https://coach.ca/sites/default/files/documents/2024-06/return-to-sport-strategy.pdf> before resuming training or teaching, as directed by their health care provider.

4.2. This protocol will be overseen by the individual's doctor, and may include a period of rest, followed by a step-by-step progression of exertion and skill-based activities, with careful monitoring for any return of symptoms.

5. Prevention and Risk Mitigation:

5.1. All participants and instructors on CADS courses are required to use appropriate protective equipment, helmets are 100% mandatory for all instructors and participants involved in CADS on-snow events, lessons, training and/or courses.

5.2. Training sessions will be designed to minimize the risk of head injuries, with an emphasis on proper technique, safety procedures, and risk awareness.

6. Adherence

6.1 By adhering to this concussion policy, we are committed to promoting the health and safety of our instructors and participants while ensuring the continued success of our training programs.

6.2 All CADS members must sign to confirm that they have read, understand and consent to comply with this Concussion Policy.

7. Policy Review and Approval

This policy was approved by CADS Board of Directors *August / 22 / 2024*.

This policy should be reviewed by the CADS HR & Policy Committee and senior staff from time to time to ensure it remains current.

Acknowledgement and Agreement

For the purposes of acknowledgement and attestation of intent to comply with the CADS Concussion Policy, the following Attachment will form a component of the Snowline Registration process.

CADS Concussion Policy - Short version

Note: The full content of this CADS Concussion Policy remains in force and is accessible at [\(link to document on www.CADS.ski website\)](#).

* * *

I acknowledge that I have read and understand the CADS National Concussion policy. I agree to adhere to this CADS Concussion policy. In addition, I will endeavor to ensure that other CADS members adhere to it. I fully understand that if I violate this Concussion policy, I may face disciplinary action up to, and including, removal from CADS

Name - Date