



Bowl BC follows the Safe Sport Guidelines laid out by the Bowling Federation of Canada and our NSO, Bowl Canada.

The Bowling Federation of Canada (BFC) places the highest priority on a safe and fun learning environment for its participants. Education is the key to a successful Safe Sport program and there are policies and training requirements in place for those involved in every aspect of the sport of bowling. Only if everyone is vigilant, can we hope to achieve a safe sport environment for all bowlers. No matter how minor you think it may be, it is important to address your suspicions. It may be as simple as speaking with someone in a position of authority within your club or organization or it may be that you fear reprisal and prefer to remain anonymous. We want to ensure there are avenues for solutions.

STATEMENT OF COMMITMENT

Sport organizations in British Columbia are committed to creating a sport environment that is accessible, inclusive, respects their participant's personal goals and is free from all forms of Maltreatment. As part of Bowl BC's commitment to Safe Sport our staff and board have completed Commit to Kids training.

CONCUSSION PROTOCOL

A concussion should be suspected:

- in any athlete who sustains a significant impact to the head, face, neck, or body and demonstrates ANY of the visual signs of a suspected concussion or reports ANY symptoms of a suspected concussion.
- if a player reports ANY concussion symptoms to one of their peers, parents, teachers, or coaches or if anyone witnesses an athlete exhibiting any of the visual signs of concussion.

Onsite Medical Assessment

Depending on the suspected severity of the injury, an initial assessment may be completed by emergency medical professionals or by an on-site licensed healthcare professional where available. In cases where an athlete loses consciousness, or it is suspected an athlete might have a more severe head or spine injury, Emergency Medical Assessment by emergency medical professionals should take place (see 3a below). If a more severe injury is not suspected, the athlete should undergo Sideline Medical Assessment or Medical Assessment, depending on if there is a licensed healthcare professional present (see 3b below).

3a. Emergency Medical Assessment

If an athlete is suspected of sustaining a more severe head or spine injury during a game or practice, an ambulance should be called immediately to transfer the patient to the nearest emergency department for further Medical Assessment. Coaches, parents, teachers, trainers, and officials should not make any effort to remove equipment or move the athlete until an ambulance has arrived and the athlete should not be left alone until the ambulance arrives. After the emergency medical services staff has completed the Emergency Medical Assessment, the athlete should be transferred to the nearest hospital for Medical Assessment. In the case of youth (under 18 years of age), the athlete's parents should be contacted immediately to inform them of the athlete's injury. For athletes over 18 years of age, their emergency contact person should be contacted if one has been provided

3b. Sideline Medical Assessment If an athlete is suspected of sustaining a concussion and there is no concern for a more serious head or spine injury, the player should be immediately removed from the field of play.

Medical Assessment

In order to provide comprehensive evaluation of athletes with a suspected concussion, the medical assessment must rule out more serious forms of traumatic brain and spine injuries, must rule out medical and neurological conditions that can present with concussion-like symptoms, and must make the diagnosis of concussion based on findings of the clinical history and physical examination and the evidence-based use of adjunctive tests as indicated (i.e CT scan). In addition to nurse practitioners, medical doctors¹ that are qualified

to evaluate patients with a suspected concussion include: pediatricians; family medicine, sports medicine, emergency department, internal medicine, and rehabilitation (physiatrists) physicians; neurologists; and neurosurgeons.

Concussion Management

When an athlete has been diagnosed with a concussion, it is important that the athlete's parent/legal guardian is informed. All athletes diagnosed with a concussion must be provided with a standardized Medical Assessment Letter that notifies the athlete and their parents/legal guardians/spouse that they have been diagnosed with a concussion and may not return to any activities with a risk of concussion until medically cleared to do so by a medical doctor or nurse practitioner. Because the Medical Assessment Letter contains personal health information, it is the responsibility of the athlete or their parent/legal guardian to provide this documentation to the athlete's coaches, teachers, or employers. It is also important for the athlete to provide this information to sport organization officials that are responsible for injury reporting and concussion surveillance where applicable. Athletes diagnosed with a concussion should be provided with education about the signs and symptoms of concussion, strategies about how to manage their symptoms, the risks of returning to sport without medical clearance and recommendations regarding a gradual return to school and sport activities. Athletes diagnosed with a concussion are to be managed according to their Return-to-School and Sport-Specific Return-to-Sport Strategy under the supervision of a medical doctor or nurse practitioner. When available, athletes should be encouraged to work with the team athletic therapist or physiotherapist to optimize progression through their Sport-Specific Return-to-Sport Strategy. Once the athlete has completed their Return-to-School and Sport-Specific Return-to-Sport Strategy and are deemed to be clinically recovered from their concussion, the medical doctor or nurse practitioner can consider the athlete for a return to full sports activities and issue a Medical Clearance Letter.

Bowling Return-to-Sport Strategy

The following is an outline of the Return-to-Sport Strategy that should be used to help athletes, coaches, trainers, and medical professionals to collaborate in allowing the athlete to make a gradual return to sport activities. An initial period of 24-48 hours of rest is recommended before starting the Bowling Specific Return-to-Sport Strategy. If the athlete experiences new symptoms or worsening symptoms at any stage, they should go back to the previous stage. It is important that youth and adult student-athletes return to full-time school activities before progressing to stage 5 and 6 of the Bowling Specific Return-to-Sport Strategy. It is also important that all athletes provide their coach with a Medical Clearance Letter prior to returning to full contact sport activities.

Return to Sport

Athletes who have been determined to have not sustained a concussion and those that have been diagnosed with a concussion and have successfully completed their Return-to-School and Bowling Specific Return-to-Sport Strategy can be considered for return to full sports activities. The final decision to medically clear an athlete to return to full game activity should be based on the clinical judgment of the medical doctor or nurse practitioner taking into account the athlete's past medical history, clinical history, physical examination findings and the results of other tests and clinical consultations where indicated (i.e. neuropsychological testing, diagnostic imaging). Prior to returning to full contact practice and game play, each athlete that has been diagnosed with a concussion must provide their coach with a standardized Medical Clearance Letter that specifies that a medical doctor or nurse practitioner has personally evaluated the patient and has cleared the athlete to return to sports. In geographic regions of Canada with limited access to medical doctors (i.e. rural or northern communities), a licensed healthcare professional (such as a nurse) with pre-arranged access to a medical doctor or nurse practitioner can provide this documentation. A copy of the Medical Clearance Letter should also be submitted to sports organization officials that have injury reporting and surveillance programs where applicable. Athletes who have been provided with a Medical Clearance Letter may return to full sport activities as tolerated. If the athlete experiences any new concussion-like symptoms while returning to play, they should be instructed to stop playing immediately, notify their parents, coaches, trainer, or teachers, and undergo follow-up Medical Assessment. In the event that the athlete sustains a new suspected concussion, the BFC Concussion Protocol should be followed as outlined here.

INCLUSION

The BFC believes that all individuals deserve respectful and inclusive environments for participation that value the individual's gender identity and gender expression. The Federation wants to ensure that all participants have access to programming and facilities in which they feel comfortable and safe. The Federation is committed to implementing this policy in a fair and equitable manner.

BULLYING/CYBERBULLYING

The BFC is committed to providing a sport environment in which all individuals are treated with respect and dignity.

EQUITY AND ACCESS

The BFC is committed to promoting opportunities for every individual in the sport of bowling to participate at all levels from league to international competition.

HARASSMENT

It is the policy of the BFC that every participant in the sport of bowling can expect to be afforded a sport and work environment free of harassment and to be treated with respect and dignity.

HOW TO REPORT MALTREATMENT

Contact the Program Coordinator or Management of your local bowling centre. Contact the Bowl BC office @ bowl4fun@bowlbc.com – 250-964-2648 or the Canadian Sport Help Line



ASSOCIATED POLICIES

Link to B.C. Universal Code of Conduct (www.viasport.ca/bc-universal-code-of-conduct)

Link to trainings:

- [Commit to Kids](#)
- [Respect in Sport for Activity Leaders](#)
- [CAC Safe Sport Training](#)

Link to resources on the [Rule of Two](#)

viaSport: <https://www.viasport.ca/addressing-maltreatment>

Link to Province of B.C. resources:

- [B.C. Helpline for Children](#) – a confidential toll-free phone line for children and youth wanting to talk to someone – is 310-1234 (no area code required).
- [Victim Link BC](#) is a toll-free, confidential, multilingual telephone and online service available across B.C. 24 hours a day, 7 days a week which provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence.
- [Resilience BC](#): Anti-Racism Network provides information about how to report incidences of racism and hate crimes if you are a victim or witness such incidences.