Biathlon Alberta

Concussion Policy

August, 2025

BIATHLON ALBERTA – CONCUSSION POLICY

Policy Statement

1. Biathlon Alberta recognizes that participation in any sport or physical activity bears some inherent risk of head injuries and concussions. Biathlon Alberta is fully committed to maintaining the health and safety of its members, and recognizes that short- and long-term consequences of concussions pose a significant public health issue.

2. The Biathlon Alberta Concussion Policy and related guidelines and protocols establish guidance to members on education, prevention, recognition, diagnosis, and management of concussions.

Definitions

3. The following terms have these meanings in this Policy:
    a. *"Concussion":* a form of traumatic brain injury induced by biomechanical forces that results in signs and symptoms that are typically resolved spontaneously within 1 to 4 weeks of injury.
    b. *"Suspected Concussion":* the recognition that an individual appears to have either experienced an injury or impact that may result in a concussion or is exhibiting unusual behaviour that may be the result of a concussion.
    c. *"Concussion Diagnosis":* a clinical diagnosis made by a medical doctor or nurse practitioner.
    d. *"Medical Assessment"*: the evaluation of an individual by a licensed healthcare professional to determine the presence or absence of a medical condition or disorder, such as a concussion.

Purpose and Scope

4. The purpose of this Policy is to create a safe and positive sport environment through education and training. In addition, to make Biathlon Alberta members, registrants and participants aware of evidence-based resources to assist in recognizing and managing a concussion injury.

5. This Policy applies to Biathlon Alberta and its Members, Registrants and Participants. It applies at all times wherever an Activity takes place, including Biathlon Alberta workplaces as well as external locations in Canada and abroad and includes all events and activities sanctioned by Biathlon Alberta.

6. The policy recognizes certain jurisdictions across Canada have legislation that governs the management of concussions within their jurisdiction. Government legislation supersedes this policy.

Concussion Prevention

7. The incidence of concussions can be mitigated by the proper implementation of prevention strategies such as:
    a. Educating coaches, officials, parents and athletes about concussions
    b. Following venue guideline policies and procedures
    c. Preparing training and competition venues in a proper and obstacle-free manner
    d. Maintaining equipment that fits well, is in good condition, is stored properly, and is replaced according to manufacturers' instructions.
    e. Instilling the ethical values of fair play and respect for opponents in all sport, recreation and physical activities carried out by the organization.

Concussion Awareness

8. Biathlon Alberta will make concussion resources available to all members, including this Policy and the Sport Concussion Guidelines.

Concussion Detection and Management

9. The Concussion Protocol will be implemented at all sanctioned activities and events in case of a suspected or diagnosed concussion. Please refer to Biathlon Alberta's Sport Concussion Guidelines document for more details.

Concussion Surveillance

10. Biathlon Alberta will determine appropriate methods to collect and maintain data regarding suspected concussions, concussion diagnoses, and return to play. Data will be reported in an aggregated format without personal identification of any individuals.
11. Data collected will be used to monitor changes in injuries over time, inform prevention strategies and assess the impact of Biathlon Alberta's concussion policy and protocol.

Incident Reporting

12. A Concussion Incident Report will be used to record the details of the incident to Biathlon Alberta. The report will record the date, time, location, weather conditions, and course conditions and describe the mechanics of the incident.
13. The report will be submitted to Biathlon Alberta by the proper authority. If the incident occurs during training, the Coach will be required to submit the report within 48 hours of the incident. If the incident occurs during a competition, the Technical Delegate (or Event Organizer) will submit the report within 48 hours of the incident.

Non-Compliance

14. Failure to abide by any of the guidelines and/or protocols contained within this policy may result in disciplinary action in accordance with Biathlon Alberta's Discipline and Complaints Policy.

Policy Review

15. This policy will be reviewed every two years.

Policy History	
Approved	October 2025
Next Review Date	November 2027