



CAPILANO RFC CHILD WELFARE POLICY & GOOD PRACTICE GUIDELINES

IT IS THE AIM OF THE CAPILANO RUGBY CLUB (CAPILANO RFC) THAT ALL YOUNG PEOPLE ENJOY THE GAME OF RUGBY IN A SAFE, ENJOYABLE SETTING.

THE CAPILANO RFC IS EQUALLY AWARE OF THE NEED TO ENSURE THAT ALL INDIVIDUALS WHO PROVIDE YOUNG PEOPLE WITH THE OPPORTUNITY TO PLAY ARE AWARE OF THEIR RESPONSIBILITIES.

THE FOLLOWING SECTIONS SET OUT GOOD PRACTICE PROCEDURES TO WHICH ALL THOSE INVOLVED IN THE PLAYING AND DELIVERY OF RUGBY TO YOUNG PEOPLE AT CAPILANO RFC SHOULD ADHERE.

- 1. GOOD PRACTICE PROCEDURES**
- 2. CODES OF GOOD PRACTICE FOR COACHES AND OFFICIALS**
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1. GOOD PRACTICE PROCEDURES

In order to ensure that the game is enjoyed by everyone, that all young people are safe, and all adults are aware of their responsibilities when working with young people, Capilano RFC has adopted the following good practice guidance:

- 1.1** There is a club welfare policy with an implementation and monitoring programme;
- 1.2** A designated officer (Club Child Welfare Officer) is appointed with representation on relevant club committees;
- 1.3** Child Protection Policy is publicised to show the organisation's commitment to providing a safe environment;
- 1.4** Procedures are in place to deal with complaints or concerns;

1.5 Training opportunities are provided for adults who work with young people;

1.6 Codes of Conduct and Codes of Practice are in place for players, coaches, parents and officials who must all sign up to the relevant codes;

1.7 Parents/carers should be aware of what the organisation and coaches are doing and also of the correct procedures to express any concerns they may have;

1.8 An Equity Policy is in place and that all discrimination is challenged and prohibited;

1.9 All adults who regularly supervise young people undertake a Criminal Records Check and disclosure;

1.10 A policy on bullying is in place and promoted;

1.11 Coaches are monitored and provided with feedback with particular reference to poor practice.

2. CODES OF GOOD PRACTICE FOR COACHES AND OFFICIALS

Codes of Conduct ensure that all youngsters and the individuals who work with them will enjoy the game in safe environment. When working with young people, coaches and officials **must** adopt the following guidance:

2.1 Always be publicly open when working with young people. Avoid situations where you and an individual child are completely unobserved;

2.2 Rugby is a physical game. Situations will occur when, in order to teach or coach certain techniques, it is necessary to make contact with the player. However, the following must apply:

- **Parents and young players must be made aware of situations in which this may happen when they join the club;**
- **Physical handling should only be used for safety reasons or where there is no other way of coaching the technique.**

2.3 Contact or touching which is inappropriate (not directly related to the coaching context) or aggressive, will not be tolerated;

2.4 If groups are to be supervised in changing rooms, always ensure that individuals work in pairs, and that gender is appropriate. Ideally, young people should not have to change at the same time or in the same place as adults;

2.5 Where mixed teams compete away from home, they should always be accompanied by at least one male and one female adult;

2.6 Volunteers and professionals must respect the rights and dignity and worth of all, and treat everyone with equality;

2.7 Coaches must place the well being and safety of the player above the development of performance. Coaches should:

- Avoid overplaying of players (particularly talented players). All players need and deserve equal opportunity to play;
- Remember that young people play for fun and enjoyment and that winning is of secondary importance and only a part of it;

- Motivate youngsters through positive feedback and constructive criticism;
- Ensure that contact skills are taught in a safe, secure manner, paying due regard to the physical development of young players;
- Never allow young players to train/play when injured;
- Ensure equipment and facilities are safe and appropriate to the age and ability of the players.

2.8 Coaches should hold current CAC/Rugby Canada coaching awards or recognised award and submit a criminal record check prior to coaching in Capilano RFC programs;

2.9 Coaches should keep up to date with knowledge and technical skills and should be aware of their own limitations. Coaches should only work within the limitations of their knowledge and qualifications;

2.10 Coaches must ensure that the activities which they direct or advocate are appropriate to the age, maturity and ability of the players.

2.11 Coaches should always promote the positive aspects of their sport (e.g. fair play), and never condone law violations or use of prohibited substances;

2.12 Coaches must consistently display high standards of personal behaviour and appearance;

2.13 Coaches should never overtly criticise players or use language or actions which may cause the player to lose self-esteem or confidence;

2.14 **Drugs and Alcohol have no place in Youth Rugby. Coaches, team managers,** staffing volunteers and parents should not drink alcohol whilst involved in supervising teams or players in Rugby related activities, including social events. Young people should never be allowed to drink alcohol or encouraged to drink alcohol if they are under the legal age to do so.

3. PRACTICES TO BE AVOIDED

Everyone should also be aware that, as a general rule, it does not make sense for a coach to:

- Spend amounts of time alone with children away from others;
- Take children alone on car journeys, however short.

If it should arise that such situations are unavoidable, they should only take place with the full knowledge and consent of someone in charge in the club and/or a person with parental responsibility for the player.

If you accidentally hurt a player, or cause distress in any manner, or the player appears to respond in a sexual manner to your actions, or misunderstands, or misinterprets something you have done, report the incident to a colleague supported by a written report of the incident as soon as possible. Parents/carers should also be informed of the occurrence.

4. PRACTICES THAT ARE PROHIBITED BY THE CAPILANO RFC

Individuals should never:

4.1 Take young people to their home, changing rooms, showers or other secluded places where they will be alone;

4.2 Engage in rough, physical games, sexually provocative games or horseplay with young people;

4.3 Take part in any dynamic games or training sessions with young people. Whereas we recognise there may be a need for an adult to facilitate learning within a coaching session through the use of coaching aids, e.g. contact pads, this should be done with the utmost care and with due regard to the safety and well being of the young players;

4.4 Share a room with a young person unless the individual is the parent/guardian of that young person;

4.5 Allow any form of inappropriate touching (not specifically related to the coaching of the game);

4.6 Make sexually suggestive remarks to a young person, even in fun;

4.7 Use inappropriate language or allow young players to use inappropriate language unchallenged;

4.8 Allow allegations by a young person to go unchallenged, unrecorded, or not acted upon;

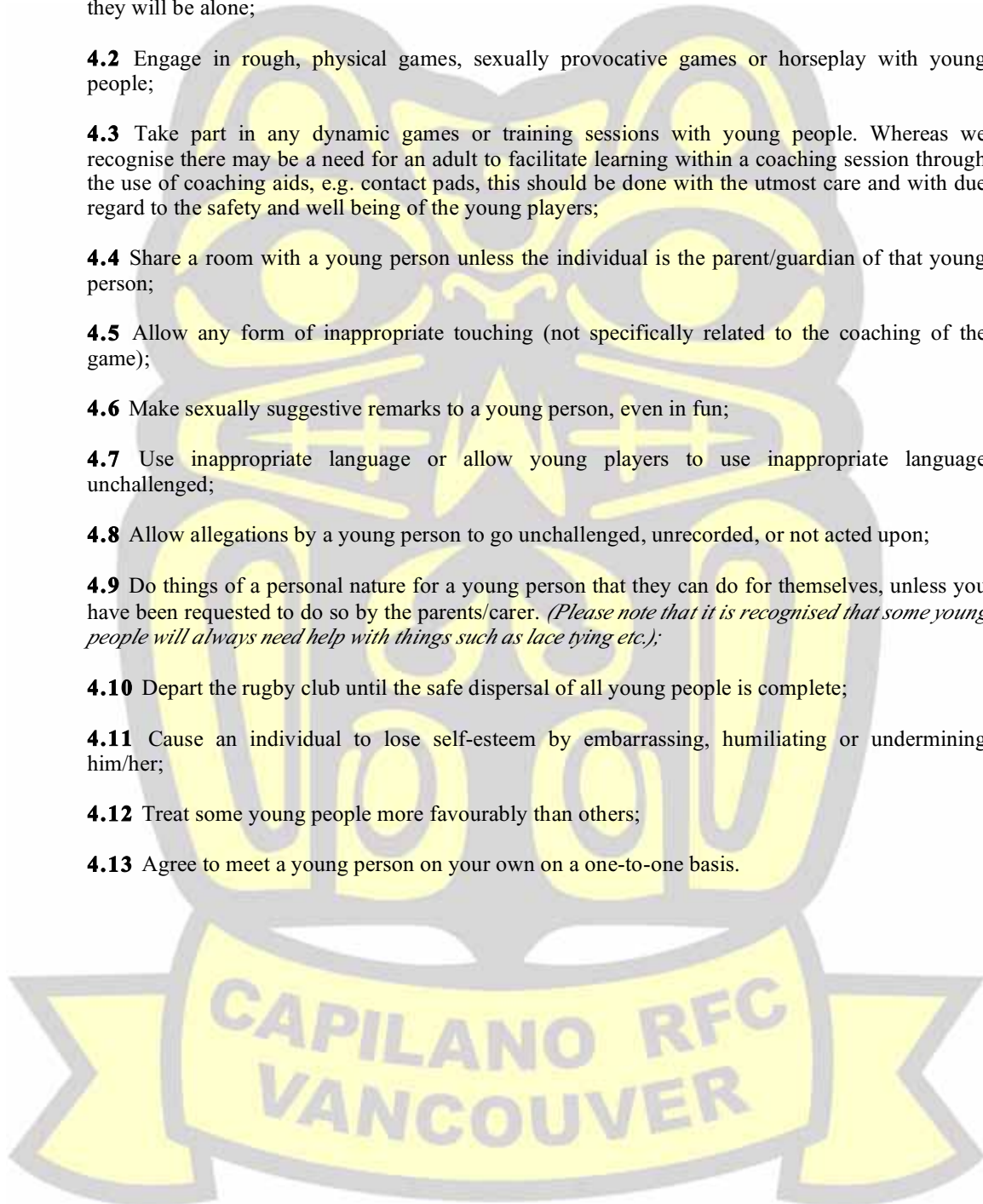
4.9 Do things of a personal nature for a young person that they can do for themselves, unless you have been requested to do so by the parents/carer. *(Please note that it is recognised that some young people will always need help with things such as lace tying etc.);*

4.10 Depart the rugby club until the safe dispersal of all young people is complete;

4.11 Cause an individual to lose self-esteem by embarrassing, humiliating or undermining him/her;

4.12 Treat some young people more favourably than others;

4.13 Agree to meet a young person on your own on a one-to-one basis.



5. POSITIONS OF TRUST

All adults who work with young people are in a position of trust which has been invested in them by the parents, the sport and the young person. This relationship can be described as one in which the adult is in a position of power and influence by virtue of their role. In Rugby, most adults in a position of trust recognise that there are certain boundaries in the coach/player relationship which must not be crossed. The relationship is no different from that between school teachers and the pupils in their care.

5.1 Capilano RFC Code of Conduct on the Abuse of Trust

5.1.1 Any behaviour, which encourages a physical or emotionally dependant relationship to develop between the person in a position of trust and the young person in their care must be avoided;

5.1.2 All those within the organisation have a duty to raise concerns about the behaviour by coaches, officials, volunteers and administrators which may be harmful to the young people in their care, without prejudice to their own position;

5.1.3 Allegations relating to a breach of the Code of Conduct will be investigated according to Capilano RFC disciplinary procedures.

6. WHAT TO DO IF YOU HAVE CONCERNS

Any adult or young person who has concerns can contact the Capilano RFC Child Welfare Officer in confidence: Barry Allen via e-mail at: barryjallen@gmail.com – or speak to the Youth Rugby Program Director or any club official.

7. CLUB PROCEDURES TO MANAGE CASES OF POOR PRACTICE

Poor practice is defined as any behaviour which contravenes Capilano RFC Codes of Conduct or Good Practice.

7.1. Once an incident is reported to the Club Child Welfare Officer, he/she should consult with the Club Executive in order to ascertain whether the allegation is poor practice, bullying or abuse;

7.2. Once the incident has been identified as poor practice, bullying or abuse, in consultation with senior club officials (Club President/Director of Youth Rugby), a decision will be made whether or not to suspend, temporarily, the person accused. Each case will be considered on its merits; in certain cases, or where there is a legal requirement to do so, it may be decided to refer the case to outside bodies if the seriousness of the case necessitates this action (e.g. BCRU Disciplinary Committee, Social Services or Police)

7.3. A disciplinary hearing may be called. The panel should be made up of three club members with regard to the following criteria:

- No person who has been involved in bringing the case to the disciplinary hearing should sit on the panel;
- Senior management of the club must be represented;
- If the case relates to poor coaching practice, experience in this field must be represented.

7.4. The accused will be advised of receipt of the report and provided with copies;

7.5. The accused will be invited to attend the hearing which must be held at a convenient time for him/her;

7.6. The accused must be given sufficient advanced notice and may bring an advisor/supporter to the disciplinary meeting;

7.7. The accused must be given the opportunity to offer his/her side of the story and call witnesses;

7.8. Once the disciplinary panel reaches a decision it should be communicated to the accused and confirmed in writing;

7.9. A copy of the finding should be sent to the Club Senior Executive and the BCRU Disciplinary Committee Chair.

7.10. All due care will be taken to ensure the confidentiality the above proceedings.

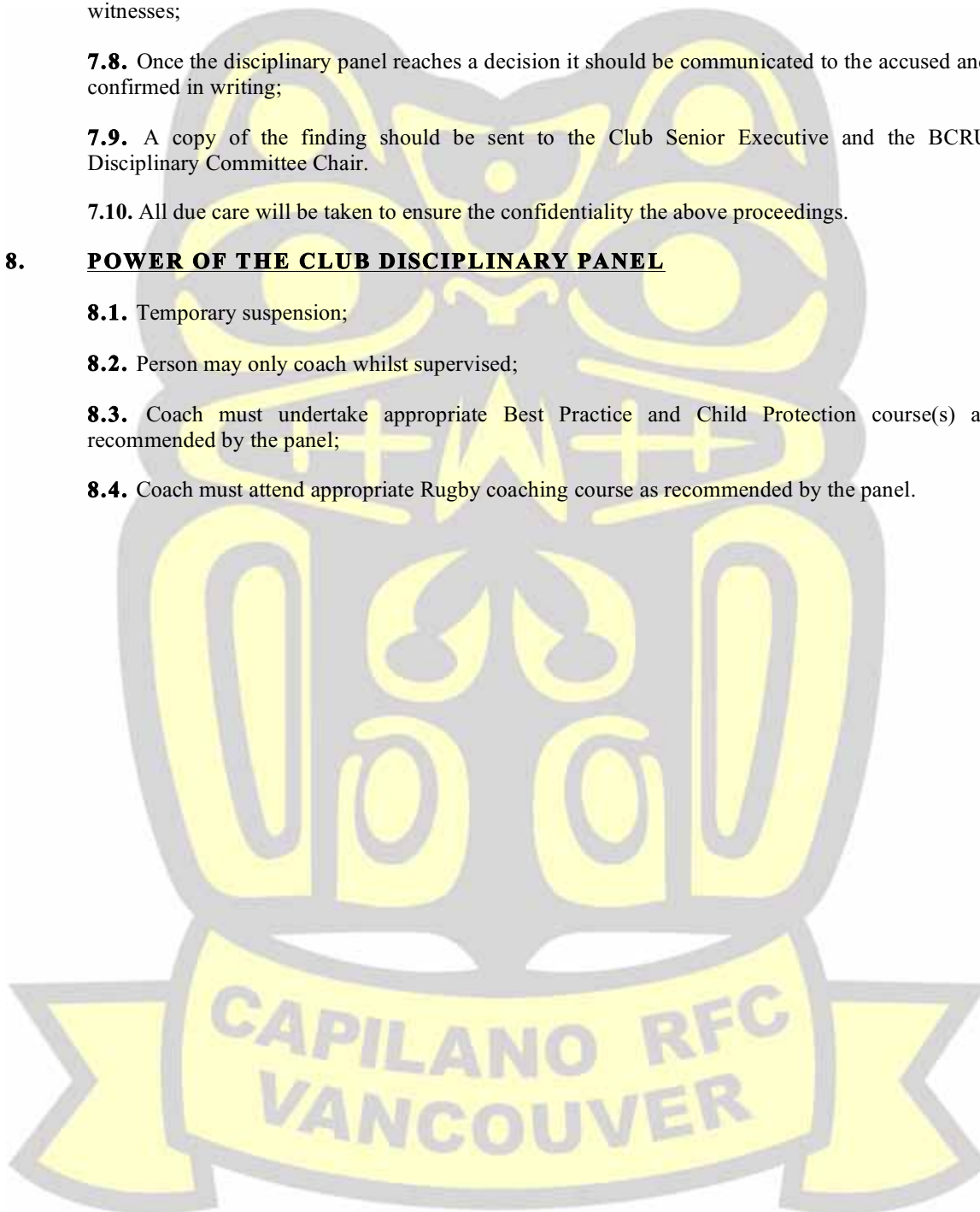
8. POWER OF THE CLUB DISCIPLINARY PANEL

8.1. Temporary suspension;

8.2. Person may only coach whilst supervised;

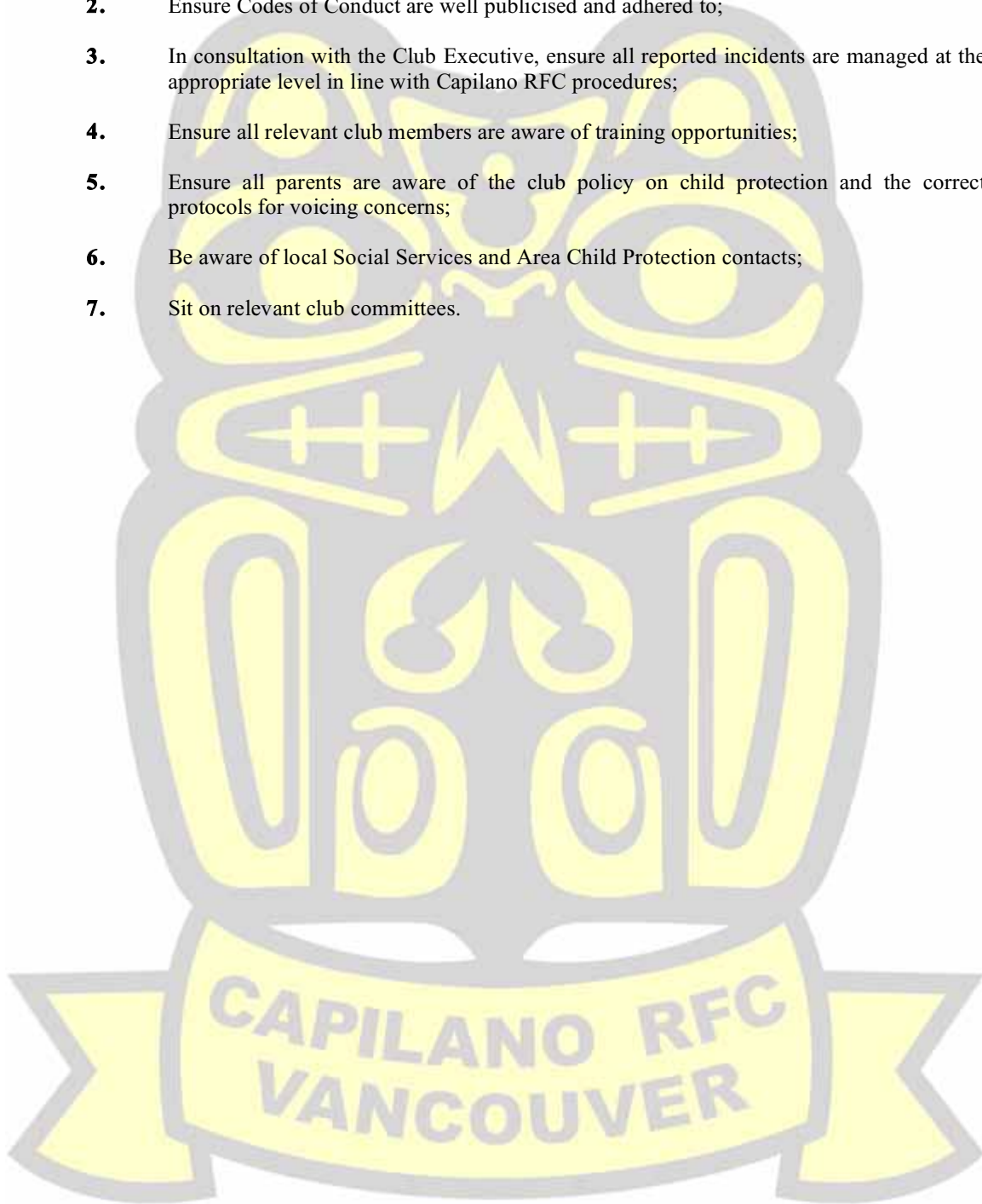
8.3. Coach must undertake appropriate Best Practice and Child Protection course(s) as recommended by the panel;

8.4. Coach must attend appropriate Rugby coaching course as recommended by the panel.



APPENDIX A. TERMS OF REFERENCE FOR CLUB CHILD WELFARE OFFICERS

1. Ensure the club has a Child Protection Policy and Implementation Plan;
2. Ensure Codes of Conduct are well publicised and adhered to;
3. In consultation with the Club Executive, ensure all reported incidents are managed at the appropriate level in line with Capilano RFC procedures;
4. Ensure all relevant club members are aware of training opportunities;
5. Ensure all parents are aware of the club policy on child protection and the correct protocols for voicing concerns;
6. Be aware of local Social Services and Area Child Protection contacts;
7. Sit on relevant club committees.



COACHES' CODE OF CONDUCT

ALL RUGBY COACHES MUST:

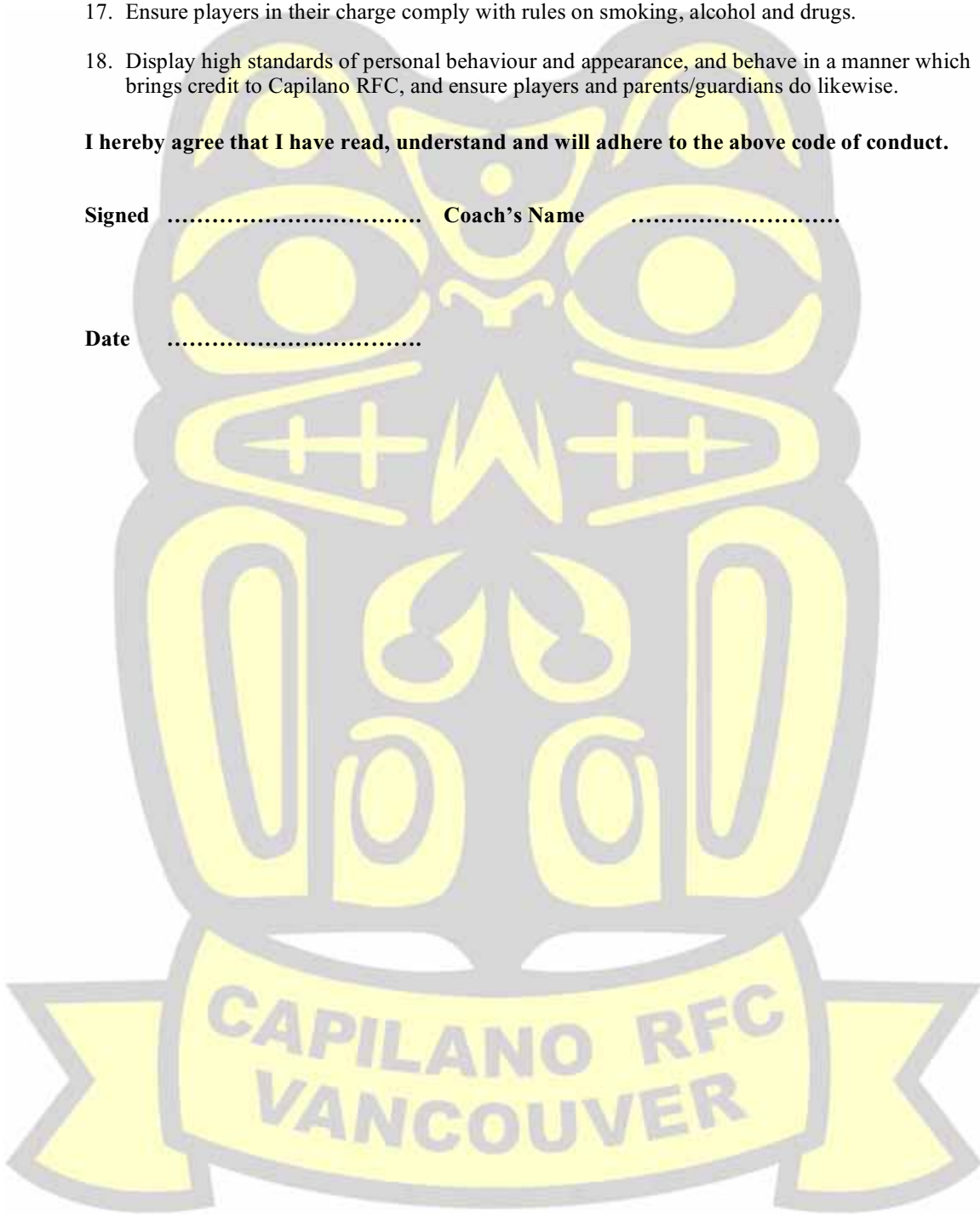
1. Respect the rights, dignity and worth of every young person with whom they work and treat them equally within the context of Rugby.
2. Place the physical and emotional well being and safety of all young players above all other considerations, including the development of performance.
3. Understand that the relationship that a rugby coach develops with the players with whom they work must be based on mutual trust and respect.
4. Encourage young players to accept responsibility for their own behaviour and performance.
5. Clarify with the young players (and their parents/carers) what is expected of them both on and off the rugby field, and also what they are entitled to expect from the coach.
6. Recognise that young people play for fun and enjoyment, and that winning is of secondary importance and only a part of it - keep winning and losing in perspective, encouraging young players to behave with dignity in all circumstances.
7. Promote the positive aspects of the sport, e.g. fair play. Violations of the Laws of the Game, behaviour contrary to the spirit of the Laws of the Game or relevant regulations or the use of prohibited techniques or substances must never be condoned.
8. Ensure that all activities undertaken are appropriate to the age, maturity, experience and ability of the young players – always ensure that contact skills are taught in a safe, secure manner, paying due regard to the physical development of young players .
9. Avoid overplaying of players (particularly talented players). All players need and deserve equal opportunity to play.
10. Motivate youngsters through positive feedback and constructive criticism.
11. Never allow young players to train/play when injured.
12. Help prevent the spread of infection amongst our rugby teams
 - Encourage and role model hand washing with soap or using sanitizer lotion after going to the washroom.
 - Stop any sharing of water bottles, mouth guards, equipment, or clothes.
 - Ensure all open wounds are covered immediately.
 - Remove any players with visible blood from the field
 - Ensure outbreaks of abscesses, unusual skin conditions/infections amongst teams are confidentially reported to the child welfare officer of the club for follow up.
13. Arrive in good time to ensure they are ready to carry out activities on schedule.
14. Prepare adequately for the activities they run and ensure equipment and facilities are safe and appropriate to the age and ability of the players.
15. Meet their commitment to the Club and make suitable arrangements for any absences.

16. Work in partnership with others within the game (officials, doctors, physiotherapists, sports scientists) to ensure the well being, safety and enjoyment of all young players.
17. Ensure players in their charge comply with rules on smoking, alcohol and drugs.
18. Display high standards of personal behaviour and appearance, and behave in a manner which brings credit to Capilano RFC, and ensure players and parents/guardians do likewise.

I hereby agree that I have read, understand and will adhere to the above code of conduct.

Signed **Coach's Name**

Date



PLAYERS' CODE OF CONDUCT

PLAYERS ARE ENCOURAGED TO:

1. Understand the values of loyalty and commitment to coaches, parents, team mates and Capilano RFC.
2. Recognise that every young player has a right to expect their involvement in rugby to be safe and free from all types of abuse.
3. Understand that if an individual or group of young players feels they are not being treated in a manner that is unacceptable or abusive, then you have a right to tell an adult either at the rugby club or outside of the game.
4. Treat all players, as you would like to be treated. Do not interfere with, bully or take advantage of any player.

PLAYERS SHOULD:

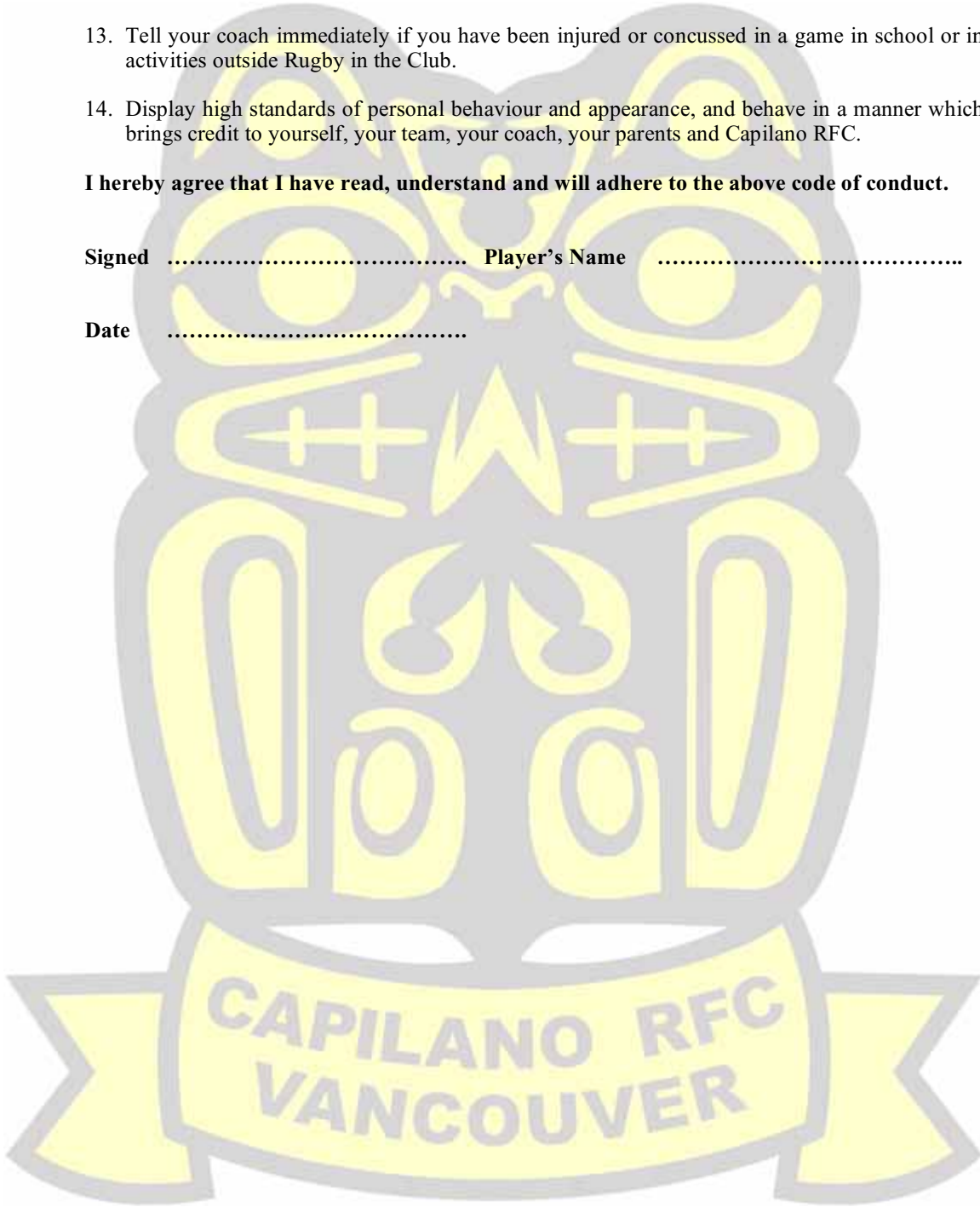
1. Play because you want to do so, not to please coaches or parents.
2. Remember that skill development, fun and enjoyment are the most important parts of the game – winning games is of secondary importance.
3. Attend regularly for training and games
 - Keep up to date with schedules and fixtures by consulting your coach and team manager.
 - Always inform your coach or team manager in advance if you cannot make a game or practice.
 - Arrive in good time for each session.
 - Arrive with the appropriate kit for training and games.
 - Inform your coach if you have to leave before the end of a session.
 - Pay attention and participate fully in all activities.
4. Work equally hard for yourself and your team - both will then benefit.
5. Recognise and applaud good play by all players on your team and by your opponents.
6. Be a sportsman - win or lose.
7. Play to the Laws of the Game and accept, without question, all referees' decisions.
8. Control your emotions. Verbal or physical abuse of team mates, opponents, or match officials is not acceptable.
9. Recognise that bad language and swearing have no place in Rugby – do not use it.
10. Avoid improper use of internet social networking sites like Facebook, You Tube, My Space etc. that would in any way bring into disrepute or present a negative view of the game of Rugby, Capilano RFC or its Members; be these acts or comments that in any way could be regarded as intimidating, demeaning, bullying, harassing, derogatory, or violent. We encourage all Players and Members to support and enjoy the game. Trash talking, boasting, bullying and derogatory comments have no place in Rugby either verbally or through social network sites and will be dealt with severely by the Club if they occur. The Game starts and ends on the field. Play well. Have fun. Respect your team mates and opponents and prove on the pitch the quality of players that we have and leave the game on the grass.
11. Not smoke, consume alcohol, illegal drugs or any performance enhancing substance.

12. To prevent the spread of infection amongst our rugby teams
 - Wash hands with soap or using sanitizer lotion after going to the washroom.
 - Do not share water bottles, mouth guards, equipment, soap, towels or clothes.
 - Cover all open wounds or sores.
13. Tell your coach immediately if you have been injured or concussed in a game in school or in activities outside Rugby in the Club.
14. Display high standards of personal behaviour and appearance, and behave in a manner which brings credit to yourself, your team, your coach, your parents and Capilano RFC.

I hereby agree that I have read, understand and will adhere to the above code of conduct.

Signed **Player's Name**

Date



PARENTS' CODE OF CONDUCT

PARENTS ARE ENCOURAGED TO:

1. Be familiar with the coaching and training schedule in order that you can ensure that your child is fully involved and the coaches are aware of their availability.
2. Ensure players arrive in good time for games or practices.
3. Be familiar with the teaching and coaching methods used by observing the sessions in which your child participates.
4. Be aware that the club has a duty of care and therefore, where appropriate, assist coaches with the supervision of the young players, particularly where numbers are large and there is a need to transport youngsters to away games.
5. Be involved with club activities; volunteer and share your expertise.
6. Be aware of the Capilano RFC Child Welfare and Protection Policy and always share concerns, if you have them, with club officials.
7. Be familiar with the Coaches' and Players' Codes of Conduct. In particular that:
 - Coaches should recognise the importance of fun and enjoyment when coaching young players
 - Coaches should keep winning and losing in perspective, encouraging young players to behave with dignity in all circumstances

It is important that parents support coaches in instilling these values.

PARENTS SHOULD:

1. Ensure that their child is familiar with, and understands the Player Code of Conduct
2. Ensure compliance with rules on smoking, alcohol and drugs.
3. Help prevent the spread of infection amongst our rugby teams:
 - Encourage and role model hand washing with soap or using sanitizer lotion after going to the washroom.
 - Do not permit the sharing of water bottles, mouth guards, equipment, soap, towels or clothes.
 - Cover all wounds.
 - Report to the coach or child welfare officer of the club outbreaks of abscesses, unusual skin conditions/infections amongst teams for follow up. If your child has any of these symptoms they should not play until their skin is healed/covered.
4. Ensure that coaches are informed of any injuries or concussions that their children have suffered in activities in school or outside Club Rugby and comply with the club guidelines governing treatment of concussions.
5. Remember that young people play rugby for their own enjoyment not that of their parents.
6. Encourage young people to play - do not force them.
7. Focus on the young players' efforts, rather than winning or losing.

8. Be realistic about the young player's abilities: do not push them towards a level that they are not capable of achieving.
9. Provide positive verbal feedback both in training and during and after the game.
10. Remember that persistent, negative messages will adversely affect the players' and referee's performance and attitude.
11. Always support the Capilano RFC in its efforts to eradicate loud, coarse and abusive behaviour from the game. Never abuse your own team's or opposition's players, coaches or the match official.
12. Help ensure that players and parents do not use bad or inappropriate language or swearing.
13. Remember young people learn much by example.
14. Always show appreciation of good play by all young players both from your own club and the opposition.
15. Respect decisions made by the match officials and encourage the young players to do likewise.
16. Display high standards of personal behaviour and appearance, and behave in a manner which brings credit to Capilano RFC, and ensure players do likewise.

I hereby agree that I have read, understand and will adhere to the above code of conduct.

Signed **Parent's Name**.....

Names of Children in Capilano Program

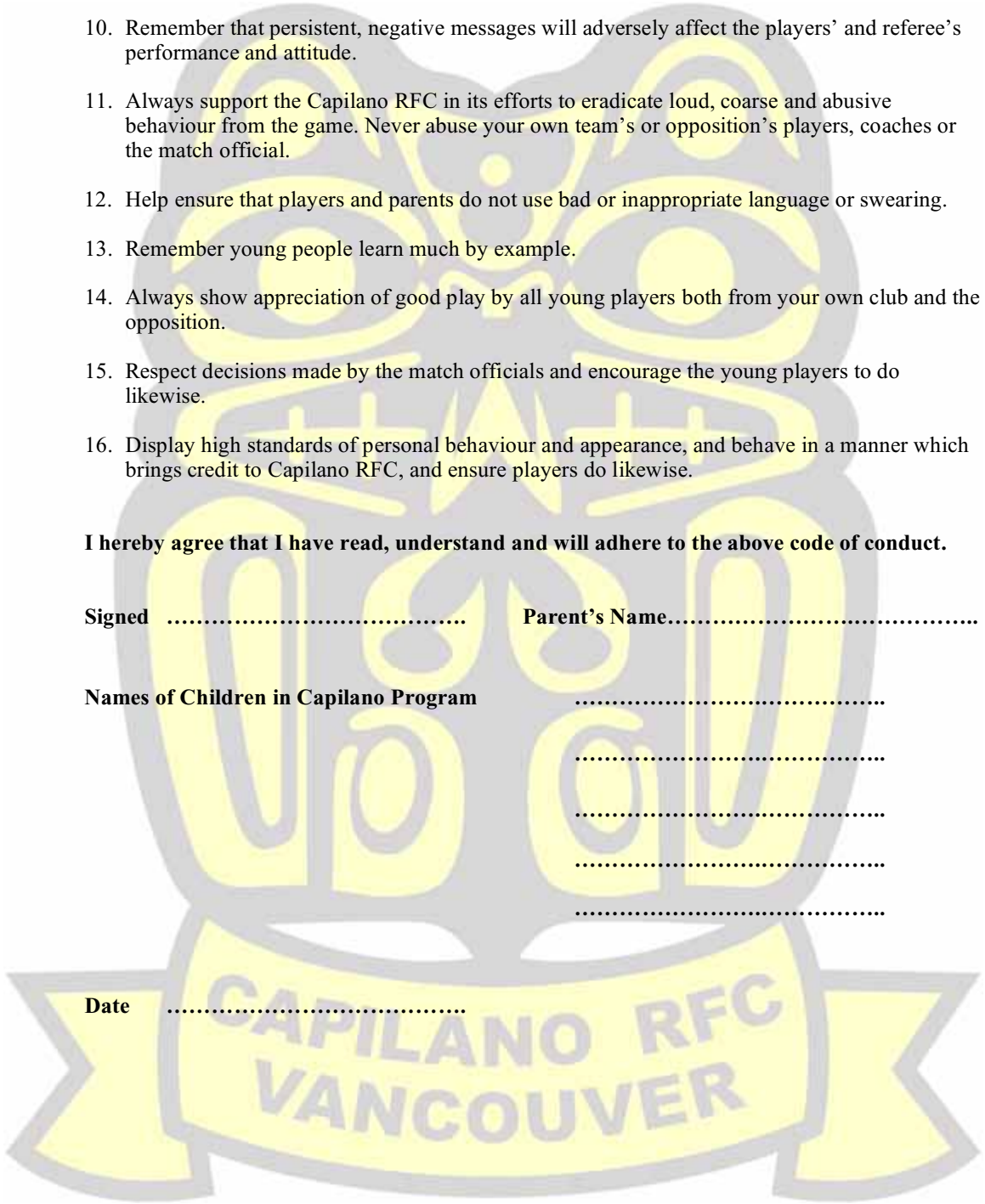
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Date



OFFICIALS' CODE OF CONDUCT

WHEN REFEREEING YOUNG PLAYERS, MATCH OFFICIALS SHOULD:

1. Recognise the importance of fun and enjoyment when officiating young players.
2. Provide verbal feedback in a positive way during games.
3. Appreciate the needs of the players.
4. Be a positive role model.
5. Recognise that safety is paramount.
6. Explain decisions - most young players are still learning.
7. Never tolerate verbal abuse.

OFFICIALS SHOULD NOT:

1. Change in the same area as young players.
2. Shower with young players - agree a timetable with the coaches.
3. Be alone with young players at any time - if a young player comes into the dressing room, ensure another adult is present.
4. Check studs without the coach being present.
5. Administer first aid.
6. Allow a young player to continue playing if there are doubts about their fitness.
7. Tolerate bad language from young players.
8. Engage in any inappropriate contact with young players.
9. Give a ride to a player unless there are other young people or adults in the car and the parents are aware.
10. Take a young player to your home.
11. Overtly criticise young players or use language which may cause the player to lose confidence or self-esteem.
12. Make sexually explicit remarks to young players, even in fun.

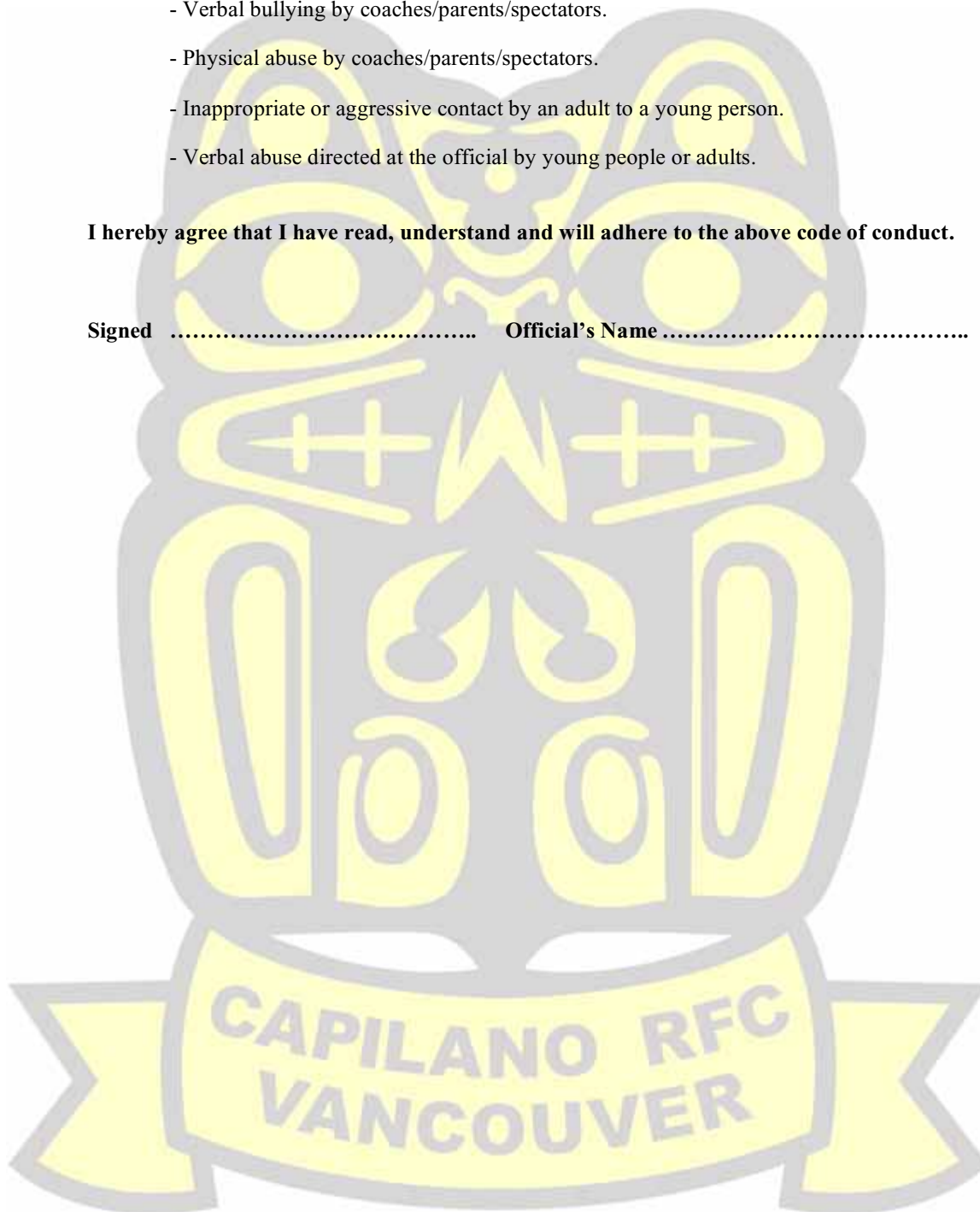
OFFICIALS MUST ALWAYS:

Report, in writing, to the Club behaviour by adults which you feel contravenes Capilano RFC Child Protection Policy:

- Verbal bullying by coaches/parents/spectators.
- Physical abuse by coaches/parents/spectators.
- Inappropriate or aggressive contact by an adult to a young person.
- Verbal abuse directed at the official by young people or adults.

I hereby agree that I have read, understand and will adhere to the above code of conduct.

Signed Official's Name



APPENDIX F. ANTI-BULLYING POLICY

11.1 Bullying is not easy to define, can take many forms and is usually repeated over a period of time.

The three main types of bullying are:

- physical (e.g. hitting, kicking)
- verbal (e.g. racist or homophobic remarks, threats, name calling)
- emotional (e.g. isolating an individual from activities).

They will all include:

- Deliberate hostility and aggression towards the victim.
- A victim who is weaker than the bully or bullies.
- An outcome which is always painful and distressing for the victim.

11.2 Bullying behaviour may also include:

- Other forms of violence.
- Sarcasm, spreading rumours, persistent teasing or theft.
- Tormenting, ridiculing, humiliation.
- Racial taunts, graffiti, gestures.
- Unwanted physical contact or abusive or offensive comment of a sexual nature.

11.3 Emotional and verbal bullying is more likely to be found in rugby than physical violence. It is also difficult to cope with or prove. It is of paramount importance all Capilano RFC members, coaches, players, team managers, volunteers and parents subscribe to and accept the club Anti-Bullying Policy.

11.4 Capilano RFC undertakes to:

- Take the problem seriously.
- Investigate any incidents.
- Talk to the bullies and victims separately.

Decide on appropriate action, such as:

- Obtain apology from the bully(ies) to the victim .
- Inform parents of the bully(ies) .
- Insist on the return of items 'borrowed' or stolen.
- Insist bullies compensate the victim where loss or damage has occurred.
- Institute club disciplinary procedures against the bully(ies).
- Hold club or team discussions about bullying.
- Provide support for the coach of the victim.

APPENDIX G. CONCUSSION MANAGEMENT

Any injury of a serious nature sustained while with the Capilano Rugby Football Club is to be reported to BC Rugby as per our guidelines and requirements. However, we cannot monitor what happens outside the club and it is the responsibility and liability of parents and players to report to their coach or manager injuries sustained in activities outside the Club. A note from a Neurological Doctor is required to clear the player for return to play after the mandated rest and observation time. Three weeks minimum after initial consultation is the current requirement. A parent's note is not sufficient nor will it be accepted. Doctor verification will be made in all cases to ensure the authenticity of the letter.

Disregarding this important health and safety procedure will nullify the insurance policy of the player, and may have a serious and permanent impact on the child's / player's well being. Injuries happen in all sports and how we care for them is of great concern to the Capilano Rugby Football Club. We thank you for your attention and care in this matter.

IRB REGULATION 10 MEDICAL (CONCUSSION)

REGULATION 10

REGULATION 10. MEDICAL

10.1 Concussion¹

10.1.1 A Player who has suffered concussion shall not participate in any Match or training session for a minimum period of three weeks from the time of injury, and may then only do so when symptom free and declared fit after proper medical examination. Such declaration must be recorded in a written report prepared by the person who carried out the medical examination of the Player.

10.1.2 Subject to sub-clause 10.3 below, the three week period may be reduced only if the Player is symptom free and declared fit to play after appropriate assessment by a properly qualified and recognised neurological specialist. Such declaration must be recorded in a written report prepared by the properly qualified and recognised neurological specialist who carried out the assessment of the Player.

10.1.3 In age grade rugby the three week minimum period shall be mandatory.

10.2 Local Anaesthetic

10.2.1 A player may not receive local anaesthetic on Match day unless it is for the suturing of bleeding wounds or for dental treatment administered by an appropriately qualified medical or dental practitioner.

¹ Concussion occurs when the brain is injured following a blow to the head or face. Concussion may occur without an apparent period of unconsciousness. The signs and symptoms of concussion include any of the following:

Loss of consciousness	Giddiness or unsteadiness
Loss of memory	Vomiting
Confusion and disorientation	Headache
Double or blurred vision	

Being unaware of what happened, even for a few moments at the time of the injury is the most consistent sign that a player is or has been concussed.

CONCUSSION MANAGEMENT

This document must be read in conjunction with the International Rugby Board's Regulation 10 MEDICAL. No local rule, regulation or decision can be introduced to overrule Regulation 10. Concussion occurs when, after a blow to the head, there is brain injury with some immediate disturbances to cerebral function.

What are the objective signs of a concussion?

The signs of concussion include:

- Player appears dazed
- Player has vacant facial expression
- Confusion about assignment
- Athlete forgets plays
- Disorientation to game or score
- Inappropriate emotional reaction
- Player displays clumsiness
- Player is slow to answer questions
- Loss of consciousness
- Any change in typical behavior

What are the subjective symptoms of concussion?

The symptoms of concussion reported by athletes include:

- Headache
- Nausea
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Feeling slowed down
- Feeling "foggy" or "not sharp"
- Change in sleep pattern
- Concentration or memory problems
- Irritability
- Sadness
- Feeling more emotional

What are the causes of a concussion?

A concussion is not necessarily a bruise to the brain caused by hitting a hard surface. In fact, no physical swelling or bleeding is usually seen on radiological scans.

Impact: The concussion occurs from impact when the head accelerates rapidly and then is stopped, or from spinning when the head is spun rapidly and then is stopped. Impact to the brain can occur when the head slams into a hard surface. The skull is stopped by the hard surface but the brain, floating in cerebrospinal fluid (CSF), can still move and is shaken.

Spinning: Spinning of the brain can occur when a blow causes the head to snap rapidly. The skull then stops spinning but the brain, floating in cerebrospinal fluid (CSF), can still move and is damaged.

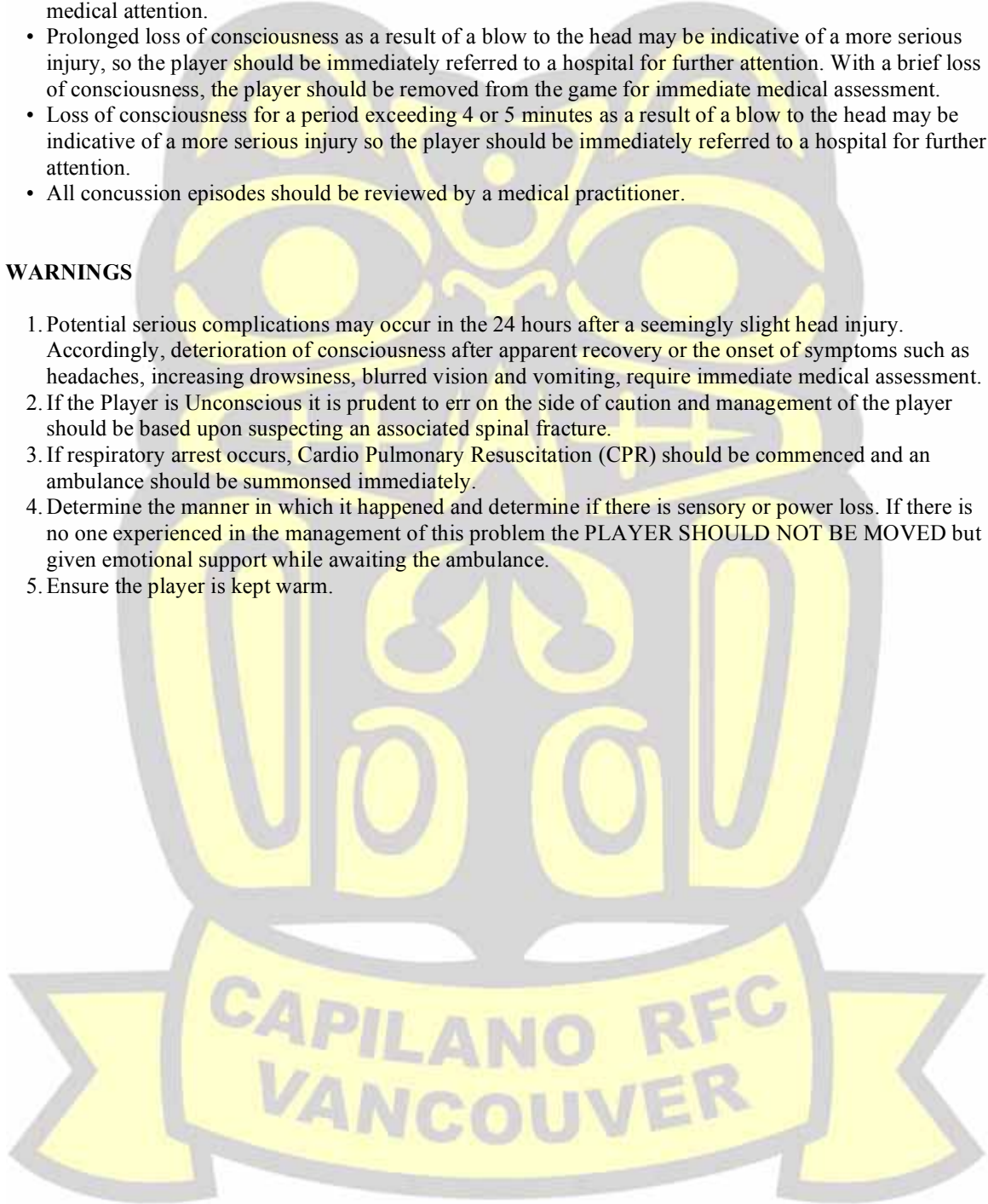
Violent trauma: Violent trauma, whether it be from shaking or spinning, causes the brain cells to become depolarized and fire all their neurotransmitters at once in an abrupt cascade, flooding the brain with chemicals – there is a sudden flood of ions (including sodium, potassium, and calcium) – and deadening receptors in the brain that are associated with learning and memory.

Management Guidelines

- The most consistent sign that the player is (or has been) concussed is that the player is unaware of what happened.
- A player showing any of these signs or symptoms should be removed from the field and referred for medical attention.
- Prolonged loss of consciousness as a result of a blow to the head may be indicative of a more serious injury, so the player should be immediately referred to a hospital for further attention. With a brief loss of consciousness, the player should be removed from the game for immediate medical assessment.
- Loss of consciousness for a period exceeding 4 or 5 minutes as a result of a blow to the head may be indicative of a more serious injury so the player should be immediately referred to a hospital for further attention.
- All concussion episodes should be reviewed by a medical practitioner.

WARNINGS

1. Potential serious complications may occur in the 24 hours after a seemingly slight head injury. Accordingly, deterioration of consciousness after apparent recovery or the onset of symptoms such as headaches, increasing drowsiness, blurred vision and vomiting, require immediate medical assessment.
2. If the Player is Unconscious it is prudent to err on the side of caution and management of the player should be based upon suspecting an associated spinal fracture.
3. If respiratory arrest occurs, Cardio Pulmonary Resuscitation (CPR) should be commenced and an ambulance should be summonsed immediately.
4. Determine the manner in which it happened and determine if there is sensory or power loss. If there is no one experienced in the management of this problem the PLAYER SHOULD NOT BE MOVED but given emotional support while awaiting the ambulance.
5. Ensure the player is kept warm.



APPENDIX H. SOCIAL NETWORKING AND CHAT ROOMS

At the end of 2007/8 season, members of the Capilano Youth Rugby Board of Directors, Capilano Youth Rugby disciplinary committee, Players and Parents, and the Head of the BC Rugby Disciplinary Committee sat down over two meetings to discuss and address issues and concerns of player conduct while using social networks and chat rooms on the Internet (Facebook, You Tube, My Space etc). Our concern was the growing trend for these Internet networking communities to be used as sounding boards for boasting, bullying and intimidation.

Capilano Rugby Football Club, along with BC Rugby, is leading the way, and taking the initiative to adopt policies and codes of conduct to protect players, coaches, parents and fans and to maintain a quality of play and sportsmanship that will promote a positive image of the game of Rugby.

Over the last two years Capilano RFC has:

- created a Child Welfare and Protection Committee;
- drafted comprehensive Codes of Conduct, and has required signatures for all Coaches, Managers, Players, Officials and Parents in order to participate with the club;
- prepared and implemented a clear, practical and comprehensive Child Welfare and Protection Policy
- initiated the Safe Rugby (IRB, Rugby Canada, and BC Rugby created and endorsed) program for Coaches;
- formulated a clear Concussion Management program;
- Implemented comprehensive First Aid Training for Coaches and Managers at all age groups;
- acquired and trained coaches and key volunteers in the use of an AED (automated external defibrillator) which is a portable electronic device that automatically diagnoses the potentially life threatening cardiac arrhythmias of ventricular fibrillation and ventricular tachycardia in a patient, and is able to treat them through defibrillation, the application of electrical therapy which stops the arrhythmia, allowing the heart to reestablish an effective rhythm;
- required Criminal Record Checks for all coaches, Board members, team managers and volunteers.

In our focus for improving the game and caring for our club and the members, we are now adding to the Codes of Conduct the following clause pertaining to Internet Social Networks. The new policy implements disciplinary measures regarding improper use of these social networks that would in any way bring into disrepute or present a negative view of the game of Rugby, Capilano RFC or its Members; be these acts or comments that in any way could be regarded as intimidating, demeaning, bullying, harassing, derogatory, or violent. We encourage all Players and Members to support and enjoy the game. Trash talking, boasting, bullying and derogatory comments have no place in Rugby either verbally or through social network sites and will be dealt with severely by the Club if they occur. The Game starts and ends on the field. Play well. Have fun. Respect your team mates and opponents and prove on the pitch the quality of players that we have and leave the game on the grass.

Barry Allen
Capilano Rugby FC
Child Welfare and Protection Officer
November 2010