



Penetanguishene Skating Club

Skating Club Injury & Return-to-Sport (Reintegration) Policy

Title: Injury & Re-integration Policy	Date of Issue: July 21, 2026
Approved By: PSC Executive Committee	Review/Revise Date: July 2027

Policy

The Penetanguishene Skating Club is committed to promoting the health, safety, and well-being of all participants by ensuring injured skaters return to skating only when it is safe to do so. This policy applies to all club programs, including CanSkate, Teen Skate, PreSTAR skate, STARSkate, Competitive, Adult, and Synchronized Skating.

This Policy is aligned with Skate Canada, Skate Ontario & Ontario Rowan's Law.

Scope

This policy applies to:

- All registered skaters
- Coaches
- Club volunteers and officials
- Parents/guardians of skaters under 18

Objective

The Penetanguishene Skating Club is committed to ensuring:

- Safety takes priority over participation.
- No skater will return before they are medically able.
- Coaches and club officials will support a gradual return to skating.
- The club reserves the right to request medical documentation before a skater resumes participation.



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Reporting an Injury

Skaters or parents/guardians must notify the coach or club as soon as reasonably possible if an injury:

- Occurs during club activities;
- Prevents participation for more than one week; or
- Requires medical treatment or results in activity restrictions.

An **incident report** will be completed when injuries occur during club programming in accordance with Skate Canada by the coaching staff, administration staff or a board member. A copy of the incident report will be retained for the club's records.

Injury Benefit Assistance – Skate Canada

Your Skate Canada membership offers Injury Benefit as a secondary benefit to one's family insurance. Injured members that have personal or family insurance coverage must claim with them first. Skate Canada will cover the difference or balance not covered by their primary/personal insurance coverage.

To submit an injury benefit claim, you must submit an incident report to Skate Canada's Safe Sport Department and have all three sections of the Injury Benefit Claim Form completed; include any doctor's notes, requisitions and/or any receipts:

[Injury Benefit Claim Form](#) **(For registrants)** *(Please note this form is now located on the Membership Site and you must log into the site to have access to the form)*

[Accident Insurance Claim Form](#) **(For coaches only)** *(Please note this form is now located on the Membership Site and you must log into the site to have access to the form)*

Medical Clearance

Medical clearance is required before returning to skating when a skater has:

- Sustained a concussion or suspected concussion;
- Undergone surgery;
- Sustained a fracture;
- Been instructed by a physician or nurse practitioner to avoid sport; or
- Any injury where the club believes medical clearance is appropriate.

Medical clearance should identify any restrictions or accommodations by a physician.



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Return-to-Skating (Reintegration) Process

Stage 1 – Medical Recovery

The skater will follow the recommendations of their physician or nurse practitioner.

No on-ice participation unless medically permitted.

Stage 2 – Return to the Ice (Modified Participation)

Once medically cleared, the skater may begin:

- Basic stroking
- Edges
- Turns
- Light conditioning
- No jumping, spinning, harness work, lifts, or synchronized elements unless approved.

Stage 3 – Progressive Skill Return

If symptom-free and pain-free:

- Single jumps
- Spins
- Footwork
- Increased training duration
- Off-ice conditioning

Progression occurs only if there is no increase in symptoms or pain.

Stage 4 – Full Training

Once the skater demonstrates:

- Full range of motion
- Strength comparable to pre-injury level
- Ability to safely complete required skating elements

The coach may return the skater to normal training.

Stage 5 – Competition

The skater may return to assessments, exhibitions, and competitions once:



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- Medical restrictions have ended;
- The coach believes the skater is competition-ready; and
- Any required medical documentation has been received.

Concussion-Specific Reintegration

For suspected or diagnosed concussions, the club follows Skate Canada, Skate Ontario, and Rowan's Law requirements.

A skater with a suspected concussion:

- Must be immediately removed from skating.
- May not return the same day.
- Must be assessed by a physician or nurse practitioner.
- Must complete the Skate Canada Graduated Return-to-Sport Strategy (listed below)
- Must provide written medical clearance before unrestricted participation.

Skate Canada Graduated Return-to-Sport Strategy:

An initial period of **24-48 hours** of rest is recommended before starting the Skate Canada Sport Specific Return-to-Sport Strategy. The individual should spend a **minimum duration of 24 hours without symptom increases at each step before progressing to the next one.**

It is common for an individual's symptoms to worsen slightly with increased activity at each step. This is acceptable as they progress through steps 1 to 3 of the return-to-sport, so long as the symptom is:

- mild: symptoms worsen by only one to two points on a zero-to-10 scale, and
- brief: systems settle back down to pre-activity levels within an hour.

If the individual experiences more than mild and brief symptom exacerbation, the individual should stop the activity (skating, training, coaching) and try resuming the next day at the same step

Step	Aim	Activity	Goal of each step
1	Activities of daily living and relative rest at home for the individual	• Typical activities during the day (ie. Reading, social interactions, light walking) that do not result in more than a mild and brief worsening of symptoms	Gradual reintroduction of typical activities



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		- Start at 5-15 minutes at a time and gradually build up - Minimizes screen time	
After a maximum of 24-48 hours following an injury, progress to step 2			
2	Learn/School/Coaching activities with encouragement to return to learning/school/coaching (as tolerated)	Learn/School - Homework, reading or other cognitive activities at school or at home Coaching - Reading or other cognitive activities off the ice Learn/School/Coach - Take breaks and adapt activities if the result in a more than a mild and brief worsening of symptoms - Gradually resume screen time, as tolerated	Increase tolerance to cognitive work
If the individual can tolerate learn/school/coaching activities, progress to step 3			
3	Return to Learn/School/Coaching part time or full time with accommodations (as needed)	Learn/School - Gradually reintroduce school work - Build tolerance to the classroom and school environment. Partial learn/school day with increased breaks during the day and other accommodations may be required Coaching - Gradual return to work – may need to start with a partial work day and should remain off the ice Learn/School/Coach - Gradually reduce accommodations related to the concussion and increase workload	Increase academic/coaching activities
If the individual can tolerate learn/school/coaching activities part time, progress to step 4			



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4	Return to Learn/School/Coaching full time	Learn/School - Gradually progress learn/school activities to full days, without accommodations related to the concussion Coaching - Gradual progress coaching activities, first remaining off the ice, then progressing to on ice Learn/School/Coaching - For return to sport, progression should start from step 2-6 of the <i>Skate Canada Sport Specific Return to Sport Strategy</i> for coaches as tolerated.	Return to full learn/school academic activities and catch up on missed school work. Return to full coaching activities.
Return to learn/school/coaching complete			

Typical Minimum Progression Following Concussion

After an initial 24–48 hours of relative rest:

- Step 1: Daily activities
- Step 2: Light aerobic exercise
- Step 3: Sport-specific exercise (off-ice then easy skating)
- Step 4: Non-contact skating drills
- Step 5: Full practice after medical clearance
- Step 6: Return to competition

Each step should take **at least 24 hours**, and the skater only progresses if symptoms do not worsen. If symptoms return, they move back to the previous successful stage.

Coach Responsibilities

Coaches shall:

- Monitor returning skaters.
- Modify training when appropriate.



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- Stop participation if symptoms return.
- Respect all medical restrictions.
- Communicate with parents and club administrators regarding progression.

Parent/Guardian Responsibilities

Parents/guardians will:

- Report injuries promptly.
- Follow medical advice.
- Provide required documentation.
- Ensure gradual progression.

Skater Responsibilities

Skaters are expected to:

- Report pain or symptoms honestly.
- Follow medical advice.
- Not return before receiving approval.
- Participate only within approved restrictions.

Club Responsibilities

The club will:

- Maintain confidential injury documentation.
- Ensure Rowan's Law requirements are met annually.
- Follow Skate Canada and Skate Ontario concussion protocols.
- Support safe and gradual reintegration for injured skaters.