

## **HEAD INJURIES - CONCUSSION PROTOCOL – Updated September 2018**

### **Baseline Testing**

After careful examination of the latest research, we have decided to remove all of the previously mandated baseline concussion testing for Peewees and above. To be clear there is NO League mandated baseline concussion policy. It can be offered and even encouraged for those parents who choose to pursue it. Our League affiliation is with a talented Chiropractor named Dr. Adam Blair. He is located in Pickering - here is a link to his website should anyone wish to pursue baseline concussion testing.

<http://www.pickeringchiropractor.com/author/drblair/>

### **OGHA CONCUSSION POLICY**

In Accordance with the Hockey Canada/Parachute Concussion Policy - **If a player has suffered a suspected closed head injury and is removed from the ice after being assessed by a trainer, the player MAY NOT RETURN TO THE ICE. The player MUST be closely monitored by the trainer and a parent must be notified in person and instructed to immediately seek a proper medical assessment THAT DAY by a Licensed Physician. All players who have been removed from the ice for a SUSPECTED concussion MUST RECEIVE WRITTEN MEDICAL CLEARANCE BY A PHYSICIAN BEFORE RETURNING TO PLAY.**

All **Medical Clearances** must be submitted via paper and/or digital copy to the Team Trainer, Team Rep (Senior ONLY), Head Coach and the VP of House League and/or Rep, as well as the League Secretary to be kept on file **BEFORE** the player steps back onto the ice.

If a player **IS** diagnosed with a Closed Head Injury / Concussion – The player MUST adhere to the 6 Step Return to Play (RTP) process as outlined by Hockey Canada in the link below. Once the player has received Written Medical Clearance to resume Physical Activity and Sport Specific Activities such as skating, and all proper medical documents have been submitted to the league, they must be symptom free for 3 on ice practices – Please Note: These sport specific on ice sessions must be a minimum of 24 hours apart.

**PLEASE NOTE: As outlined in STEP 4 of the Hockey Canada Return to Play policy a final Medical Clearance MUST be obtained PRIOR to resuming “Drills with Contact – STEP 5” and “Game Play – STEP 6”**

If a player shows any signs or symptoms during the Return to Play Process and/or after receiving clearance, they MUST be removed from the ice IMMEDIATELY - The Return to Play process for the player will return to Step 1 and they MUST be RE-EVALUATED by a Physician – written Medical Clearance/Diagnosis MUST be obtained once again and proper documentation submitted.

All of this is outlined in the link below.

### **Hockey Canada's Concussion protocol and Return to Play Policy**

<https://cdn.hockeycanada.ca/hockey-canada/Hockey-Programs/Safety/Concussion/Downloads/2017-hockey-canada-concussion-policy-e.pdf>

Please familiarize yourself with this policy as our player's health and safety are of paramount importance! Lastly, please share the OGHA / Hockey Canada Concussion Protocol and the RTP Policy with your Team and all of your Team Staff - especially your Trainer (please ensure your team/trainer has an Emergency Action Plan in place for all serious injuries) - and most importantly share with your Parents BEFORE the girls step on the ice for the upcoming season.

As you all know, open and clear communication from the very beginning with players, parents and staff can go a long way in terms of ensuring player safety and preventing clearance issues from cropping up once the season starts.

## **Hockey Canada Concussion Apps for Coaches, Trainers and Parents - Links**

### **iphone**

<https://itunes.apple.com/ca/app/concussion-awareness/id1022387439?mt=8>

### **android**

<https://play.google.com/store/apps/details?id=com.hockeycanada.concussion&hl=en>

## **Injury Report Form – For Trainers**

[http://assets.ngin.com/attachments/document/0044/6986/Hockey\\_Canada\\_Injury\\_Report\\_Form.pdf](http://assets.ngin.com/attachments/document/0044/6986/Hockey_Canada_Injury_Report_Form.pdf)

Please ensure you or your trainer keeps a record of, and has submitted a copy of all injury reports and supporting documentation including suspected head injuries to the league.