



## Greater Sudbury AAA Co-operation Committee Concussion and Injury Policy



### **Objective:**

To ensure that injured players are protected, return to play in a safe manner and the injury is reported in a proper format.

### **Applicability:**

This policy applies to all AAA players.

### **Process:**

A Hockey Canada injury form must be filled out if:

- A player is removed from play and sent to the dressing room at any point in a game due to an injury sustained while playing hockey. Even if the player returns to play later in the game, an injury report must still be completed.
- A player is injured during a practice, whether on or off the ice.
- A player is forced to leave play for an unknown health reason.

To be completed in full by team trainer or other team official and submitted to the NOHA within 90 days of the injury.

In the event that a player gets hit, or falls and shows any signs of a concussion (loss of consciousness, nausea, vomiting and disorientation) the team trainer will proceed with the following;

- The player will immediately cease play.
- The player will be taken to the dressing room where the team trainer will review with the player and the parents/guardian the plan for return to play.
- In any situations where the team trainer feels there may be any signs of concussion, it is recommended the player's parents/guardian take the player to be evaluated by a qualified physician.
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The player will be provided with the following documentation:

- Hockey Canada Injury Report — parent or guardian must request to have the information on page 2 completed (form is available from the team trainer).
- Return to Play Form — must be signed by the physician after the player has met specific targets and tests ([http://hdco.on.ca/web\\_pages/documents/htcp\\_returntoplay\\_form\\_002.pdf](http://hdco.on.ca/web_pages/documents/htcp_returntoplay_form_002.pdf)).
- Hospital Patient Information Sheet — this document is handed out to all concussion victims that go to the hospital and are confirmed to have a concussion. This document explains the definition of a concussion, what to expect at the emergency, what to do at home and when and why you should return to the emergency after the examination. This document also explains the minimum expected steps to be followed regardless of the grade of the



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concussion in order to return to sports.

After the concussion is confirmed, the team plan for return to play is as follows:

- 4 days minimum no on ice activity (this has been confirmed by doctors and publications - the number of days can change depending on the severity of the concussion), but as dictated by the physician.
- On the 5th day the player can come on the ice (supervised by the team trainer and cleared by the physician) for a skating session only. Very limited team interaction of drills. Concussed player will wear a safety vest identifying him or her as a concussed player that cannot participate in any contact. If the player can skate and shows no signs or symptoms they can then proceed to the next steps, following physician approval.
- The player will then join the team for a standard practice but again wear the safety vest identifying the player as concussed. If the player can participate in all aspects of the practice and shows no signs or symptoms they can then proceed to the next steps.
- The player can then go back to see their physician to get final approval and sign off on the "Return to Play" form by the doctor.
- No player will be able to return to full contact play without the doctor's consent.

It is important to note that at any time in any of the steps, if a player starts to show symptoms due to the concussion, the player will need to go back one step and slow the process down. Keep in mind that rushing the process will inevitably result in the player being out for a longer period of time or even indefinitely.

It is imperative that the player obtain a "Return to Play" form signed by a physician prior to resuming play with the team.

**Baseline Testing will follow the NOHA mandated policy.**

Additional Concussion Related links:

[http://hdco.on.ca/web\\_pages/documents/concussion\\_card.pdf](http://hdco.on.ca/web_pages/documents/concussion_card.pdf)

[http://hdco.on.ca/web\\_pages/documents/pocket\\_concussion\\_recognition\\_tool\\_e.pdf](http://hdco.on.ca/web_pages/documents/pocket_concussion_recognition_tool_e.pdf)

[http://hdco.on.ca/web\\_pages/documents/BJSM\\_SCAT3.pdf](http://hdco.on.ca/web_pages/documents/BJSM_SCAT3.pdf)

[http://hdco.on.ca/web\\_pages/documents/BJSM\\_Child\\_SCAT3.pdf](http://hdco.on.ca/web_pages/documents/BJSM_Child_SCAT3.pdf)

[http://hdco.on.ca/web\\_pages/documents/ParachuteCanadaCoaches\\_Concussion\\_15Aug2014.pdf](http://hdco.on.ca/web_pages/documents/ParachuteCanadaCoaches_Concussion_15Aug2014.pdf)

[http://www.sudburyminorhockey.ca/images/SMHAForms/4-1\\_SMHA\\_Return\\_To\\_Play\\_Protocol.pdf](http://www.sudburyminorhockey.ca/images/SMHAForms/4-1_SMHA_Return_To_Play_Protocol.pdf)

[http://www.sudburyminorhockey.ca/images/SMHAForms/4-2\\_Concussion\\_Awareness\\_Quick\\_Check.pdf](http://www.sudburyminorhockey.ca/images/SMHAForms/4-2_Concussion_Awareness_Quick_Check.pdf)