

Concussion & Return to Play Policy

A concussion is a type of traumatic brain injury that can have serious effects on a young, developing brain. While most children and teens with a concussion recover quickly and fully, some will have concussion symptoms that last for days, weeks, months, or even years. We recognize that the improper management of concussions can result in potentially permanent or fatal outcomes.

Policies

1. Baseline Testing is not required.
2. Mandatory Education – is required on an annual basis for all certified Coaches no later than April 1. Free Education is available at <https://cattonline.com/lessons/coach-introduction/> upon completion – coaches are to provide proof to the Association Registrar. This training must be repeated annually.
3. Team manager and Coach must record and immediately report any suspected concussion, to the Association Head Manager, and player must be removed from play and practice for a minimum of 24 hours.
4. Return To Play should follow the guidance at the following link;

<https://cattonline.com/wp-content/uploads/2017/10/CATT-Return-to-Sport-V11.pdf>

(If a new version than v11 is available – the newest should be used)
5. Players may only return to play with Medical Clearance provided by a licensed healthcare worker (Doctor or Physiotherapist). Team Manager must retain copy of clearance forms and provide on request to Association Head Manager.
Form must be similar to http://www.parachutecanada.org/downloads/injurytopics/Medical-Assessment-Letter_Parachute.pdf
Or if the doctor determines no concussion.
http://www.parachutecanada.org/downloads/injurytopics/Medical-Assessment-Letter_Parachute.pdf
6. The association executive must review the Concussion Policy on an annual basis and amend to align with CLA and BCLA policies and best practices for concussion policies.
7. Failure to report concussions, failure to remove a player with a suspected concussion or failure to follow the approved return to play policy may be subject to additional discipline, from the Association Executive.