



OGHA Significant Injury – Return to Play

1. Statement of Purpose

- 1.1. This policy establishes the criteria and process for the significant injury – return to play for all players registered in the OGHA.
- 1.2. The OGHA will utilize the Ontario Women's Hockey Association (OWHA) Policy on Rowan's Law and the Hockey Canada Six - Step method for Return to Play Protocols for Concussion, as the basis for this policy

2. General

- 2.1. The OGHA defines a Significant Injury as “*any injury that is sustained by a player that requires the absence from **hockey for a period of greater than one week.***” Concussions are excluded from this policy as separate policies and protocols deal with concussion-related injuries.
- 2.2. After a significant injury has occurred:
 - a. The team **Trainer** with the injured player, parents/guardians and medical professionals will determine the best course of action. The trainer will be kept apprised of any and all changes in the player's condition and the player will be **unfit to play** until assessed by a Medical Doctor or Nurse Practitioner.
 - b. No player can return to play until a Medical Doctor or Nurse Practitioner has given the player clearance to do so in writing. Without this documentation, the trainer's decision is final and cannot be overturned by the Coaching staff, the player or the Parents until the Return to Play criteria has been met.
 - c. Information and guidance provided by a Medical Doctor or Nurse Practitioner will be used to determine the appropriate **Step** to return to play.

NOTE: This policy also applies to any injury occurring outside of hockey that results in the player being unable to participate in sports activities for a period greater than a week.

3. Process

- 3.1. The return to play process is gradual, or as mandated by medical protocols, and begins after the player has been given the documented clearance to return to activity. If during the rehabilitation phase, pain and/or symptoms are experienced, the player must be re-evaluated by a medical professional.
 - a. **Step 1:** No activity, only complete rest, as determined by the appropriate medical protocols. Proceed to step 2 as advised by health professionals.



- b. **Step 2:** Light aerobic exercise, e.g. walking, stationary cycling. Monitor for symptoms and signs. No resistance training or weight lifting.
- c. **Step 3:** Sport specific activities and training (e.g. skating).
- d. **Step 4:** Drills without body contact. This includes attending a practice and completing drills without participating in battle drills or similar types of activities. May add light resistance training and progress to heavier weights. The time needed to progress from non-contact to contact exercise will vary with the injury severity and player.
- e. **Step 5:** Begin drills with body contact within the parameters of OWHA rules.
- f. **Step 6:** Game play.

NOTE: Each step should be a minimum of one day unless otherwise specified by a physician. Trainers will respect the guidance provided by medical professionals.

- 4. As a policy this is to be utilized as a guideline/protocol but significant injuries happen and are as unique as the players, themselves. **Never return to play if symptoms persist!**