

OGHA POLICIES & PROCEDURES

MAJOR INJURY & RETURN TO PLAY

REPORTING AN INJURY

Each player on the team must have a completed medical information sheet and the trainer should have the forms accessible at every team function, this includes but is not limited to games, practices and tournaments.

An Injury Report Form must be completed in the following cases:

1. If a player or team official is injured during a game and misses more than one period.
2. If a player or team official is injured during a game or practice and does not return to the ice.
3. If a player or team official is injured during a practice or other association-sanctioned function and requires medical attention.
4. If a player or team official reports an injury after the fact (e.g. player is injured during a game and continues play, however attends a doctor the next day for the injury).
5. It is imperative that the above form is completed in a timely manner to ensure that any potential insurance claims are dealt with appropriately.
6. For **ALL** concussions and suspected concussions including head and neck.

*A copy of the injury report will be forwarded to the OGHA Secretary at: secretary@orilliagirlshockey.com

RETURN TO PLAY

1. Applies to injuries sustained inside/outside hockey and serious illness)
2. Any player returning from an injury or serious illness must present a doctor's letter* or a signed Return To Play form stating clearance to participate in minor hockey (with or without contact or any other restrictions).
3. Coaches and Trainers will communicate with the returning player and their parent(s)/guardian(s) on the process of the returning player being "game ready".

This may include:

- I. modified or limited practice time
- II. multiple practices before game participation
- III. shortened ice time in games (e.g. short shifts or every other shift)

DOCTOR'S LETTER:

1. With respect to players returning to play, muscular and skeletal injuries (excluding fractures) can be signed off by physicians, chiropractors, physiotherapists, or nurse practitioners.
2. Fractures as well as all neurological injuries including spinal injuries be signed off by a physician.
3. Concussions may be signed off by a physician or concussion management program specialist.

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