



Airdrie Minor Hockey Association

#AMHASafetyfirst
Office: 403 912-2680

Return to Play Policy - Concussions

To be followed when a player leaves the ice with concussion-like symptoms or is asked to return to the bench at the discretion of the Team Safety Coach/Trainer following an on-ice incident that may have resulted in a possible concussion.

CALL 911 if player is unconscious, has decreased consciousness, has a suspected neck/spine injury or life threatening injury.

1. Safety Coach/Trainer performs on-ice injury assessment (see laminated Concussion Recognition Tool)
2. Barring more extensive injury, if ANY positive sign or symptom of concussion is present, as listed on Concussion Recognition Tool, player is safely removed from the ice, removed from play, and returns to the dressing room with assistance
3. Safety Coach/Trainer completes the **AMHA Injury Report** (addendum). Send a copy (photo) of it to the AMHA Safety Coordinator (safetycoordinator@airdriehockey.com)
4. Safety Coach/Trainer to provide to parents/player the following documents prior to the player leaving the rink
 - AMHA Injury Report
 - Return to Play Form**
 - Sport Concussion Information Handout (addendum) and Flowchart
 - Return to Play Progression
5. Player sees Physician and/or Health Care professional for treatment and concussion management



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Professional Diagnosis - Concussion Free

If, after visiting a physician, no concussion is suspected, the player may return to play once the following are completed

- Player has returned the completed **Return to Play Form** (or similar documentation signed by medical professional) to the Team Safety Coach/Trainer/Team Manager
- Safety Coach/Trainer/Team Manager submits **AMHA Injury Report** to the AMHA Safety Coordinator

Professional Diagnosis - Concussion OR UNDIAGNOSED Concussion

Player is not permitted to return to play without completion of Concussion Return to Play Protocol.

Once the player receives a concussion diagnosis, he/she is under the care of medical professionals and must follow the treatment plan as directed by the Concussion Specialist.

- Obtain signatures on **Return to Play Form** as treatment progresses
- Safety Coach/Trainer/Team Manager submits **AMHA Injury Report** to the AMHA Safety Coordinator

When the player has received final Physician clearance to return to play without any restrictions, player may return to play once the player has returned the completed **Return to Play Form** to the Team Safety Coach/Trainer/Team Manager

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