



RINGETTE ONTARIO CONCUSSION POLICY

1. DEFINITIONS

1.1. The following terms have these meanings in this Policy:

- 1.1.1. *Participant* – Coaches, athletes, volunteers, officials and other Members of Ringette Ontario
- 1.1.2. *Concussion* - An alteration in thinking and behaving as a result of a physical impact.

2. PURPOSE

2.1. Ringette Ontario is committed to ensuring the safety of everyone participating in the sport of Ringette. Ringette Ontario recognizes the increased awareness of Concussions and their long-term effects and believes that prevention of Concussions is paramount to protecting the health and safety of Participants.

2.2. Accompanying Ringette Ontario's *Concussion Management Guidelines*, this Policy provides protocol to be followed in the event of a possible Concussion. Awareness of the signs and symptoms of Concussion and knowledge of how to properly manage a Concussion is critical to recovery and helping to ensure the individual is not returning to physical activities too soon, risking further complication.

2.3. A Concussion is a clinical diagnosis that can only be made by a physician.

3. PROCEDURE

3.1. During all events, competitions, and practices, Participants must refer to the *Concussion Management Guidelines* and use their best efforts to be aware of incidents that may cause a Concussion and recognize and understand the symptoms that may result from a Concussion. These may appear immediately after the injury or within hours or days of the injury and may be different for everyone. Some common signs and symptoms are included in the *Concussion Management Guidelines*.

4. RESPONSIBILITIES

4.1. All members of the Ringette Ontario community (including coaches, trainers, bench staff, officials, volunteers and parents) should be familiar with their responsibilities under the *Concussion Management Guidelines*. The Guidelines explain how to recognize signs of a Concussion, the initial actions that should be taken, the return to play protocols and the reporting responsibilities to Ringette Ontario.

4.2. Every possible Concussion incident must be reported to Ringette Ontario.

5. RETURN TO PLAY

- 5.1. A Participant with a suspected Concussion, even if the Participant was not rendered unconscious, will not be permitted to return to play until the Participant has consulted a physician and provided a letter from their doctor clearing them to return to play.
- 5.2. Prior to returning to play, the participant must consult and follow the Return to Play section of the *Concussion Management Guidelines*.

6. MEDICAL CLEARANCE

- 6.1. In following the Return to Play section of the *Concussion Management Guidelines*, the participant will have been required to consult a medical physician.
- 6.2. Once the Participant has been given medical clearance by a physician, the contact person for the injured athlete, is required to forward a copy of the medical clearance letter to Ringette Ontario for the purpose of monitoring.

7. SUMMARY OF REPORTING OBLIGATIONS

- 7.1. Ringette Ontario **must** be informed whenever a possible Concussion incident occurs, the result of consultation with a medical professional, and when the participant is able to return to play.
- 7.2. Please report all injuries, including a suspected or confirmed concussion through our injury report form found on our website:

<https://ringetteontario.com/resources/sportinjuries/>

8. REVIEW

- 8.1. This Policy and the *Concussion Management Guidelines* will be reviewed on an annual basis.