



Lacrosse Canada Concussion Policy

Definitions

1. The following terms pertain to this Policy:
 - a. “*Participant*” - Coaches, athletes, volunteers, officials, and other Members; and
 - b. “*Concussion*” - An alteration in thinking and behaving as a result of a physical impact.

Purpose

2. Lacrosse Canada is committed to ensuring the safety of everyone participating in the sport of lacrosse. Lacrosse Canada recognizes the increased awareness of Concussions and their long-term effect and believes that prevention of Concussions is paramount to protecting the health and safety of our Participants.
3. Accompanying Lacrosse Canada’s *Concussion Management Guidelines*, this Policy provides the 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 does not return to physical activities too soon, risking further health complications.
4. A Concussion is a clinical diagnosis that can only be made by a physician.

Procedure

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

Coach / Administrator / Supervisor Responsibilities

6. All members of the Lacrosse Canada community (including coaches, trainers, officials, and even 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 Lacrosse Canada.

7. Every possible Concussion incident must be reported to Lacrosse Canada.

Return to Play

8. 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.
9. Prior to returning to play, the Participant must consult and follow the Return to Play section of the *Concussion Management Guidelines*.

Medical Clearance

10. In following the Return to Play section of the *Concussion Management Guidelines*, the Participant will have been required to consult a medical physician.
11. Once the Participant has been given medical clearance by a physician, the coach, administrator and/or supervisor is required to forward a copy of the medical clearance letter to Lacrosse Canada for the purpose of monitoring.

Summary of Reporting Obligations

12. Lacrosse Canada 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. The following notifications should be completed and forwarded to Lacrosse Canada:
 - a. Lacrosse Canada Head Injury Report form; and
 - b. Letter from physician indicating that Participant is cleared to resume participating in lacrosse activities.

Non-Compliance

13. Failure to abide by any of the guidelines and/or protocols contained within this policy may result in disciplinary action in accordance with Lacrosse Canada's Safety Policies.

Review

14. This Policy and the *Concussion Management Guidelines* will be reviewed regularly. The next review will occur in Spring 2021 after results from the 6th International Consensus Conference on Concussions in Sport have been released.