



## CRRA CONCUSSION POLICY AS OUTLINED BY RINGETTE ONTARIO

### 1. DEFINITIONS

1.1. The following terms are defined in this Policy:

1.1.1. *Participant* – This term refers to coaches, athletes, volunteers, officials, and other members of the Clarence Rockland Ringette Association.

1.1.2. *Concussion* – A concussion is a change in thinking and behavior that results from a physical impact.

### 2. PURPOSE

2.1. The CRRA is dedicated to ensuring the safety of all participants in the sport of Ringette. They recognize the growing awareness of concussions and their long-term effects, and they believe that preventing concussions is essential for protecting the health and safety of all participants.

2.2. In addition to Ringette Ontario's [Concussion Management Guidelines](#), this policy outlines the protocol to follow in the event of a possible concussion. Being aware of the signs and symptoms of a concussion, as well as knowing how to effectively manage one, is crucial for recovery. This knowledge helps ensure that individuals do not return to physical activities too soon, which could risk further complications.

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 adhere to the [Concussion Management Guidelines](#). They should make every effort to be aware of incidents that could lead to a concussion and recognize the symptoms that may arise as a result. These symptoms can appear immediately after the injury or may develop hours or days later, and they can vary from person to person. Some common signs and symptoms are outlined in the [Concussion Management Guidelines](#).

## 4. RESPONSIBILITIES

4.1. All members of the CRRA 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 the Clarence Rockland Ringette Association.

**4.2. Every possible Concussion incident must be reported to the CRRA and Ringette Ontario within 10 days:**

- Ringette Ontario: [REPORT INJURIES](#)
- President ([presidentcrra@gmail.com](mailto:presidentcrra@gmail.com)) and;
- Vice-President ([vice.presidentcrra@gmail.com](mailto:vice.presidentcrra@gmail.com))

## 5. RETURN TO PLAY

5.1. A participant who is suspected of having a concussion, even if they were not rendered unconscious, will not be allowed to return to play until they have consulted a physician and provided a letter from their doctor clearing them for participation.

5.2. Before returning to play, the participant must consult and follow the "Return to Play" section of the [Concussion Management Guidelines](#).

## MEDICAL CLEARANCE

6.1. In accordance with the "Return to Play" section of the [Concussion Management Guidelines](#), the participant must consult a medical physician.

6.2. Once the participant has received medical clearance from a physician, the contact person for the injured athlete is required to forward a copy of the medical clearance letter to Clarence Rockland Ringette Association for monitoring purposes.

## SUMMARY OF REPORTING OBLIGATIONS

7.1. CRRA must be notified whenever a possible concussion incident occurs, the outcome of consultations with a medical professional, and when the participant is cleared to return to play.

7.2. All injuries, including suspected or confirmed concussions, must be reported to Ringette Ontario within 10 days. [CLICK HERE](#) to report an injury.

*Reviewed, updated and revised March 26th, 2026*