



## Flamborough Girls Hockey Association Concussion Policy 2019/2020

The intent of this policy is to provide a process for players to follow after suffering a concussion, to bring awareness to parents, trainers and coaching staff the importance of the proper healing from a concussion. The Health and Safety of the players in the FGHA is the motivation for the development of this policy. The Return to Play Guidelines are guidelines; Medical doctors may have a more strict procedure to follow.

The policies as outlined below are considered a supplement to the FGHA Constitution and will be reviewed and updated annually.

For the best interest of the player, the FGHA holds the right to refuse a player's ability to participate if the Return to Play Guidelines are not followed.

### Responsibilities

**Player** - Give truthful description of symptoms to the trainer.

**Trainer** - Be aware of the Signs and Symptoms of concussions. Refer to [Parachute's Concussion Recognition Tool](#) for signs and symptoms. Err on the side of caution and if a concussion is suspected, the player is **NOT** to return to play. Advise parent(s) that the player should seek medical aid and be assessed for a concussion. Notify player's parent(s) of the Return to Play Protocol. The trainer will be present during the player's return to sport activities and will monitor the player while engaged in team activities. Refer to the resource site [Parachute](#) for signs and symptoms along with their Return to Play Guidelines.

**Parent** - The FGHA and its trainers advises you to seek medical aid once your child has suffered a concussion. The Return to Play Protocol shall be followed.

**Coach** - Players who may have suffered injury from a concussion, or a suspected concussion will **NOT** return to the ice until a medical doctor has cleared them fit to play hockey.



## **Return to Play Guidelines**

At any point, during the following steps, the Signs and Symptoms reappear, **STOP** activity and go back to the previous step. If no symptoms appear, then proceed to the next step the following day.

### **Step 1: Complete Rest, No Activity, No Electronics**

Limit school, work, and tasks requiring concentration. Refrain from physical activity until symptoms are gone. Once symptoms are gone, a physician, preferably one with experience managing concussions, should be consulted before beginning a step-wise “return to play” process.

### **Step 2: Light Aerobic Exercise Activities such as walking or stationary cycling.**

The player should be supervised by someone who is aware of the signs and symptoms of concussions. No resistance training or weight lifting. The duration and intensity of the aerobic exercise can be gradually increased over time if no symptoms or signs return during the exercise or the next day.

### **Step 3: Sport Specific Activities (Activities such as skating or running can begin.)**

There should be no body contact or other jarring motions such as high speed stops. (a red jersey will be provided by the FGHA so other skaters/team members will be cautious around this player).

### **Step 4: Begin Drills without Body Contact**

The time needed to progress from non-contact exercise will vary with the severity of the concussion and the individual player.

### **Step 5: Begin Drills with Physical Play (Body Contact)**

### **Step 6: Game Play**

A Doctor’s note must be presented to the team trainer or the Head Trainer prior to participating in team activities such as practices, dryland training, and power skating. The player must attend a practice prior to game play to allow the trainer to see that the player no longer has symptoms.

**PLEASE NOTE: THE FGHA STRONGLY RECOMMENDS THE USE MOUTHGUARDS BY ALL PLAYERS BUT IT IS NOT MANDATORY.**