



Forest Ringette Association Injury and Illness Policy

This policy has been adopted by the Forest Ringette Association ("FRA") to ensure that the safety and well-being of our players and bench staff are paramount with respect to decisions as to when they can resume participation in ringette games, practices, off-ice training or FRA events ("Ringette Activities") after sustaining an injury or illness.

Policy Statement

Any player or bench staff who:

- sustains an injury that requires medical attention, whether the injury occurred while participating in Ringette Activities or otherwise
- Any head injury, including when a head injury is suspected by a member of the bench staff with reasonable cause
- Requires the use of an assistive device such as cast, splint, crutches or brace
- contracts a serious illness that requires medical care (such as mononucleosis),
must:
 - Provide their team's Head Coach with a medical note* which either:
 - includes guidelines for return to participation in Ringette Activities, or
 - indicates that they are medically fit to resume participation in Ringette Activities without restriction; or
 - where they do not seek medical treatment, provide FRA with written confirmation that they do not or, in the case of a player who is under 18, their legal guardian does not believe that medical treatment is required and that they wish to return to Ringette Activities.

When an injury is sustained during any Ringette Activities, a Sport Injury Report Form M-F-13 must be entered on the ORA website by a team official within 7 days of the occurrence.

The current link is <https://ontario-ringette.com/form-test/>

Once the note has been received, and prior to returning to game play, players should participate in an on-ice practice where the player's parent or legal guardian and bench staff can monitor the player to ensure they are symptom free. A copy of the note must be provided by the coach to the FRA President for filing.

Note that even where:

- a medical note has been received and an on-ice practice session has occurred; or
- a note from the player (or their parent or legal guardian) or bench staff has been received,

it shall remain at the discretion of the FRA President, in consultation with the Forest Ringette Association Executive, in the exercise of sole discretion and acting reasonably and, in their belief, in the best interests of the player's or bench staff's safety and well-being, to determine that the player or bench staff shall not return to Ringette Activity.

* Medical note to be obtained from the medical specialist treating the injury, eg. Physician, Physiotherapist, etc.

This policy shall meet or exceed the ORA [Concussion](#) and [Return to Play](#) policies. In any case where it does not, complying with the ORA policy will take precedence.