

## Policy #551 - Injury

<b>APPROVED:</b> May 3, 2017	<b>REVIEWED:</b> April 2017
<b>NEXT REVIEW:</b>	April 2018
<b>RESPONSIBILITY</b>	GPMHA Executive, Executive Director
<b>APPENDICES:</b>	
<b>CROSS-REFERENCE:</b>	Hockey Canada Safety for All Handbook, Hockey Canada Injury Report Form, GPMHA Injury Follow-up and Communication Form, Policy 107 – Team Safety Trainer Responsibilities

### **POLICY STATEMENT:**

Upon sustaining an injury, no athlete shall be permitted to return to full participation unless cleared by a medical professional.

### **PURPOSE:**

To ensure protection of the Members of the GPMHA through the recognition and the rehabilitation of injuries.

### **SCOPE:**

All members and staff of GPMHA

### **DEFINITIONS:**

Medical professionals as recommended by the Hockey Canada Safety Program are medical doctor, chiropractor, physiotherapist or nurse practitioner for muscular or skeletal injuries (excluding fractures). Fractures as well as all neurological injuries including spinal injuries and concussions as per GPMHA Policy 552 must be signed off by a physician.

### **PROCEDURE/GUIDELINES:**

Team personnel must immediately advise the GPMHA office of any suspected injury, provide the athlete with an injury report form and ensure the completed injury report is submitted to the GPMHA office. The GPMHA office shall file same with Hockey Alberta.

The Member shall complete evidence-informed return to play strategies, submit a completed GPMHA Injury Follow-up and Communication Form and a completed Injury Report Form to the GPMHA office.

If an athlete seeks medical attention for a suspected injury, they shall not return to play or practice without a medical clearance note. The medical clearance note must specify that a return to unrestricted training has been authorized. Fractures as well as all neurological injuries including spinal injuries and concussions must be signed off by a Medical Doctor.

If this policy is not followed or any required items are not provided, an athlete's insurance claim may be denied. Hockey Canada offers a self-administered secondary insurance program. Private or employer insurance must be utilized first, with the Hockey Canada insurance program utilized subsequently.

## Policy # 552- Return to play post concussion

<b>APPROVED:</b> June 12, 2018	<b>REVIEWED:</b> June, 2018
<b>NEXT REVIEW:</b>	<b>October, 2018</b>
<b>RESPONSIBILITY:</b>	<b>All members of GPMHA</b>
<b>APPENDICES:</b>	<b>CRT5</b>
<b>CROSS-REFERENCE: 530 Privacy Policy. 551 Injury, Hockey Canada Concussion Policy, 5<sup>th</sup> International Consensus on Concussion, Parachute Canada, Policy 107 – Team Safety Trainer Responsibilities</b>	

### **POLICY STATEMENT:**

Upon sustaining a concussion, no athlete shall be permitted to return to full participation unless cleared by a Medical Doctor. Athletes must complete a return to play strategies in accordance with best evidence and the Hockey Canada Concussion Policy.

### **PURPOSE:**

To ensure protection of the Members of the GPMHA through the recognition of concussion like symptoms and the rehabilitation of concussions.

### **SCOPE:**

All members and staff within GPMHA

**DEFINITIONS:** A concussion is a brain injury induced by traumatic, biomechanical forces. It can be caused by a direct blow to the head, face, neck, or elsewhere on the body, with an impulsive force transmitted to the head

### **PROCEDURE/GUIDELINES:**

GPMHA Members, Team Safety Trainers and Coaches are encouraged to complete an educational workshop in the recognition of concussions and concussion-like symptoms, including the proper application of the Hockey Canada CRT5 (Concussion Recognition Tool, 5<sup>th</sup> Ed.) and the application of evidence-informed return to play strategies.

When an athlete experiences an impulsive force transmitted to the head, the Team Safety Trainer should be the first point of contact for the athlete. The Team Safety Trainer will evaluate the athlete using the CRT5 to determine whether the athlete is able to return to play or requires further follow-up. If the Team Safety Trainer suspects a concussion has occurred, the Athlete shall be immediately removed from play and shall not resume team activities until assessed by a Medical Doctor. The Team Safety Trainer's decision to remove the athlete from play is final and cannot be overturned by the coaching staff or parents.

Team personnel must immediately advise the GPMHA office of any suspected concussion, provide the athlete with an injury report form and ensure the completed injury report is submitted to the GPMHA office.

The Member shall complete the return to play strategies as outlined in the Hockey Canada Concussion Policy including the Concussion Follow-up and Communication Form