



Player and Participant Injury Safety Plan

1. Introduction

The Victoria Vipers are committed to ensuring the safety and well-being of all players and participants. This plan outlines injury prevention, management, reporting, and return-to-play protocols.

2. Injury Prevention

- **Education & Awareness:** Coaches and parents should be familiar with injury risks, signs, and proper response.
- **Equipment Safety:** Ensure players have properly maintained gear, including helmets and protective equipment.
- **Safe Play Practices:** Encourage sportsmanship and adherence to rules to reduce injury risks.

3. Injury Management

- **Immediate Response:**
 - The **team staff** will work together to assess and manage the injury.
 - If an injury is serious, emergency medical services (911) should be contacted.
 - The player should not be moved if a head, neck, or spinal injury is suspected.

4. Concussion Management

- **Recognition & Removal:** If a concussion is suspected, the player must be immediately removed from play.
- **Medical Evaluation:** The player must see a doctor for assessment.
- **Return to Sport Protocol:** Follow the Concussion Awareness Training Tool (CATT) [Return to Sport Strategy](#).
- **Medical Clearance:** A **doctor's note is required** before returning to play.

5. Medical Clearance Requirements

- **General Injuries:** Players must provide a **doctor, physiotherapist, or chiropractor note** before returning if floor time (practice or game) is missed due to an injury.
- **Concussions:** A **doctor's clearance is mandatory** for return to play.

6. Injury Reporting & Follow-Up

- **Reporting:** All injuries must be reported to the **designated association Safety and Risk Manager** for tracking.
- u7-u11safety@victoriavipers.ca
- u13-u20safety@victoriavipers.ca
- **Follow-Up:** This individual will track injury recovery, required medical clearance, and ensure compliance with return-to-play protocols.

7. Safety & Risk Management

- **Designation:** The **Executive Committee** will assign a Safety and Risk Manager responsible for tracking injuries and clearances.

- **Review & Updates:** This plan may be reviewed annually to ensure alignment with best practices.