



Kamloops Minor Lacrosse Association

PO Box 446, Station Main

Kamloops, B.C. V2C 5L2

www.kamloopsrattlers.com

Concussion & Return to Play Policy

A concussion is a type of traumatic brain injury that can have serious effects on a young, developing brain. While most children and teens with a concussion recover quickly and fully, some will have concussion symptoms that last for days, weeks, months, or even years. We recognize that the improper management of concussions can result in potentially permanent or fatal outcomes.

Policies

1. Baseline Testing is not required.
2. **Mandatory Education –**
 - i. Required on an annual basis for all Coaches and Safety Personnel no later than April 1;
 - ii. Free Education is available at <https://cattonline.com/coach-course/>;
 - iii. Upon completion – proof of completion must be provided to the KMLA Head Coach;
 - iv. This training must be repeated annually.
3. **The following protocols shall be implemented when a member participant (athlete, official, coach, etc.) is suspected of sustaining a concussion or head injury –**
 - i. The individual must be immediately removed from play;
 - ii. The Head Injury Incident Report must be completed by the Team Manager, Safety Person, or Coach on the date of the injury, and submitted to:
 1. For regular league play and practices, to the Head Coach and President. The Head Coach must forward to the League Commissioner and BCLA Office (info@bclacrosse.com);
 2. For Provincial/Tournament play, to the Head Coach and Chair of the respective Directorate/Technical Support Group (Minor Box, Field, BCLCG - BC Lacrosse Coaching Group, BCLOG – BC Lacrosse Officials Group);
 3. The individual must seek a medical evaluation by a physician or licensed healthcare professional after a suspected concussion or head injury.
4. **Failure to report concussions, failure to remove a player with a suspected concussion and/or failure to follow the approved Return To Play policy, will result in disciplinary action.**
5. **Return To Play –**
 - i. Players may only return to play with a Medical Clearance provided by a physician or licensed healthcare professional;
 - ii. The Team Manager must retain a copy of the Medical Clearance and submit to:
 1. For regular league play and practices, to the Head Coach and President. The Head Coach must forward to the appropriate League Commissioner and BCLA Office (info@bclacrosse.com);
 2. For Provincial/Tournament play, to the Head Coach and Chair of the respective Directorate/Technical Support Group (Minor Box, Field, BCLCG - BC Lacrosse Coaching Group, BCLOG – BC Lacrosse Officials Group);
 3. The Medical Clearance must be similar to:
<https://parachute.ca/wp-content/uploads/2019/06/Medical-Clearance-Letter.pdf>
<https://parachute.ca/wp-content/uploads/2019/09/Medical-Assessment-Letter.pdf>

6. Further guidance can be found at:

<https://cattonline.com/wp-content/uploads/2017/10/CATT-Return-to-Sport-V11.pdf>
(If a newer Return to Sport version is available, the newest one should be used)

Return to Sport Tool - can be found under Tools & Resources at the following link:
<https://www.injuryresearch.bc.ca/education/concussion-awareness-training-tool/>

Concussion Information Package for Coaches:
www.cattonline.com/concussion-information-packages-for-coaches/

Concussion Package for Parents/Caregivers:
<https://www.cattonline.com/concussion-information-package-for-parents-caregivers/>

Concussion Information Package for Athletes:
<https://www.cattonline.com/https-cattonline-com-wp-content-uploads-2020-09-concussion-resources-for-athletes-catt-v2-sep-2020-revised-pdf/>

Top 5 Key Messages from the 5th International Consensus Statement on Concussion in Sport:
<https://cattonline.com/the-top-5-key-messages-from-the-5th-international-consensus-statement-on-concussion-in-sport/>

7. The KMLA Executive must review the Concussion & Return to Play Policy on an annual basis and amend to align with CLA and BCLA policies and best practices for concussion policies.