



Lacombe Minor Hockey Association



Concussion Protocol and Return to Play

LMH follows all Hockey Canada and Hockey Alberta guidelines on concussion and injury protocols. The safety of the players is always our priority and as such the following return to play processes will be followed:

Concussion - Return to Play

Any player who is suspected of having a concussion will be required to obtain clearance from a medical professional in written form prior to returning to the ice. It is recommended that you seek medical attention immediately if the player is exhibiting symptoms of a concussion. If you do not seek medical attention immediately you are still required to receive medical clearance prior to the player returning. This will include anyone who exhibits concussion like symptoms.

Once the player has been cleared to return to the ice they must attend one week with a minimum of two team functions in which the player is exerting themselves physically. This can be in the form of dryland workouts or on ice sessions. Depending on how long the player has been out, the coach may require additional ice times before returning to game play.

Coaches who suspect a player is showing symptoms will remove the player from the ice immediately.

Injury - Return to Play

Any player who has received medical attention for an injury, whether it happened on or off the ice, is required to receive medical clearance in writing from the medical professional treating the injury prior to the player returning to the ice.

Coaches may require some practice times be completed prior to returning to game play. This is at the coach's discretion when the player is back to game action.