

LRA Injury Management Program Athlete Return to Play Policy

The LRA has implemented a player injury policy that all teams must follow. Adults making decisions for young athletes must be proactive in identifying injury and ensuring safe return to play, especially from concussion. In order to address this critical issue, the LRA has drafted the following policy that covers actions to be taken when an injury occurs, along with specific protocols that must be followed to ensure the athlete's safe return to play.

Athlete's well-being is the primary focus of this policy and as such it is mandatory that every team official (Coaches and Manager) review and understand the policy. It is imperative that all team officials comply with this policy and follow the Return to Play guidelines. The purpose of this policy is to ensure our athletes are not put into game situations before they have fully recovered from an injury.

Please refer to the "LRA Return to Play Form" (RTP) and "Concussion Management Form" that must be used when an athlete returns from injury/concussion. This form contains specific instructions that must be followed before an athlete is allowed return to play. The form must be completed by a health care provider for any athlete that has been removed from play due to injury. The RTP form must be signed by the athlete's parent or guardian consenting to the health care provider's recommendations. A copy of this form must be retained by the coach/manager with a copy to the Registrar of the LRA.

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