

WHAT SHOULD I DO IF I SUSPECT A CONCUSSION?

In all cases of suspected concussion, the individual, including officials, should be removed from the activity immediately and undergo medical assessment as soon as possible. **It is important that all players with a concussion receive written medical clearance from a medical doctor or nurse practitioner before returning to sport activities with a risk of contact or falls.**

WHEN CAN THE PLAYER RETURN TO SCHOOL AND SPORT?

It is important that all players diagnosed with a concussion follow the **Return-to-School Strategy** (if applicable) and the **Hockey-Specific Return-to-Sport Strategy**. Note that these strategies begin at the same time, can happen concurrently and the first step of both is the same. It is important that players return to full-time school activities, if applicable, and provide a **medical clearance letter before progressing to step 4 of the Hockey-Specific Return-to-Sport Strategy**.

HOW LONG WILL IT TAKE FOR THE PLAYER TO RECOVER?

Most individuals who sustain a concussion will make a complete recovery within four weeks. Approximately 15-30% of patients will experience persisting symptoms (>4 weeks) that may require additional medical assessment and management.

HOW CAN I HELP PREVENT CONCUSSIONS AND THEIR CONSEQUENCES?

Concussion prevention, recognition and management require officials to follow the rules and regulations of their sport, respect other participants, avoid head contact and report suspected concussions.

PLAYERS	COACH / TRAINER / SAFETY PERSON / OFFICIALS
• Make sure that your helmet fits snugly & that the strap is fastened.	• Eliminate all contacts to the head.
• Wear a custom-fitted mouthguard.	• Eliminate all hits from behind.
• Respect other players.	• Recognize sign & symptoms of a concussion.
• No hits to the head.	• Inform & educate players about the risks of concussion.
• No hits from behind.	
• Strong skill development.	

To learn more about concussions visit: parachute.ca/concussion

Signatures: The following signatures certify that the player and their parent or legal guardian has reviewed the above information related to concussion.

Printed name of player

Signature of player

Date

Printed name of parent/guardian

Signature of parent/guardian

Date