



Return to Play Policy - Concussions

To be followed when a player leaves the ice with concussion-like symptoms or is asked to return to the bench at the discretion of the Safety Coach/Trainer following an on-ice incident that may have resulted in possible concussion.

CALL 911 if player is unconscious, has decreased consciousness, has a suspected neck or life threatening injury.

OMHA has implemented the HeadCheck Health App at the U15/Bantam and U18/Midget levels for the upcoming season.



1. Safety Coach/Trainer performs on-ice injury assessment (see Concussion Recognition tool)
2. If showing any positive signs or symptoms of concussion, according to the concussion recognition tool, player is safely removed from ice, removed from play, and returns to dressing room with assistance.
3. Safety Coach/Trainer completes the **Hockey Canada Injury Report** (attached). First page of report sent to OMHA Safety Director.
4. Safety Coach/Trainer should provide the player (or parent) with the following documents before the player leaves the rink, if possible:
 - Return to Play Form**
 - Sport Concussion Information Handout (attached)
5. Player sees physician and/other health care providers for treatment and concussion management.

IF CONCUSSION FREE

IF, after visiting a Physician, **no concussion is suspected**, player may return to play once the following are completed:

- Player has returned the completed **Return to Play Form** to the Safety Coach/Trainer/Manager
- If player is in Bantam or Midget, they will need to submit the Safety Coach clearance form to HeadCheck Health (attached)
- Safety Coach/Trainer/Manager submits **Hockey Canada Injury Report** to OMHA Safety Director

SUSPECTED CONCUSSION or CONCUSSION DIAGNOSIS

- Safety Coach/Trainer notifies OMHA Safety Team (*Bantam/Midget Division Safety Coaches update on HeadCheck*)
- Player follows treatment plan as directed by Concussion Specialist (Physician, Chiropractor, and/or Physiotherapist); obtaining signatures on **Return to Play Form** as rehabilitation takes place.

When player has received final Physician clearance to return to play without any restrictions, player may return to play once the following are completed:

- Return to Play Form** to OMHA Safety team.
- Return to Play Form** added to HeadCheck at Bantam/Midget Divisions.