



## Okotoks Minor Hockey Association

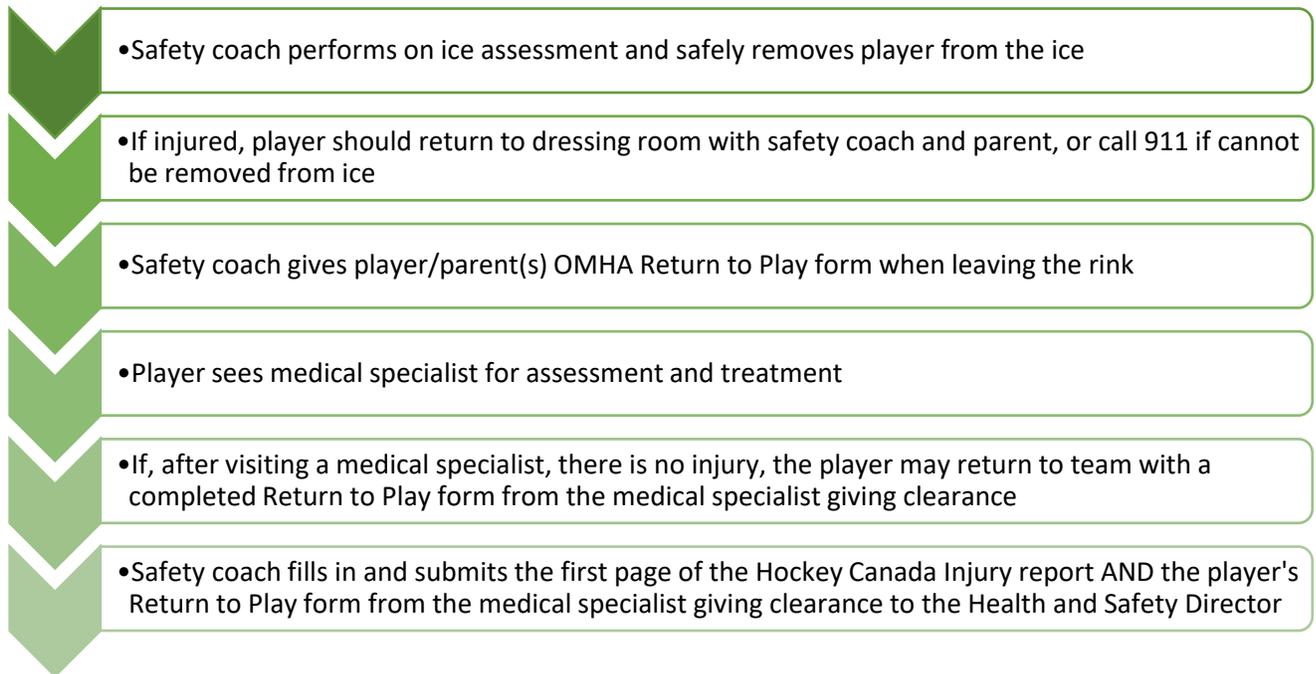
*"Practice and play like a champion today!"*

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# Return to Play Policy – Significant Injury (not concussion)

*Call 911 if player unconscious, has decreased consciousness, has suspected neck or spine injury.*



## If Player is Injured

- If a significant injury, Safety coach notifies Health and safety director and submits the first page of the Hockey Canada Injury Report.
- Player follows treatment plan as recommended by medical specialist. (This may include: complete rest, restrictions such as only allowed to do light activity, strength train with the team, only allowed to practice, etc.)

## When player has been cleared to play by medical specialist

- Player must provide Safety coach with OMHA Return to Play form.
- Trainer submits clearance letter to OMHA health and safety director.

### Definitions:

**Significant injuries:** Any injury that requires a player to go seek out medical specialist. Examples can be: broken bones, torn ligaments, sprains, severe lacerations.

**Medical specialist:** Can be any advanced medical care such as: family physician, surgeon, physio therapist, chiropractor.

Any questions contact OMHA Health and Safety director at [omccann@okotokshockey.com](mailto:omccann@okotokshockey.com)