



Saanich Lacrosse Association: Medical Emergency, Concussion and Return to Play Policy & Procedures

A guiding document which outlines the concussion and return to play policy and detailed procedures. (November 2020)

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Policy:

This policy will guide the SLA in determining when a player should be removed from play and return to play in the event of a medical emergency or concussion.

The Saanich Lacrosse Association (SLA) recognizes concussions are a type of traumatic brain injury that can have serious impacts on brain development. The degree of severity and length of recovery can range from days to years. The proper management of concussions is the responsibility of coaches, team managers, the association and the legal guardians of the player.

Procedure:

Emergency Action Plan:

The SLA will have an Emergency Action Plan should a medical emergency occur. The Emergency Action Plan will be updated before the start of each season.

Education:

The SLA will make available basic first aid / CPR courses for coaches, managers and association members.

The SLA will make available education on concussion management for coaches, managers and association members.

Team Safety Person:

Each team must have a person designated as a Team Safety. This position can be held by more than one person. This role can also be held by a coach, manager or other individual acting in any capacity for a team, so long as an identified Team Safety is present at all practices, games or other SLA sanctioned events.

Medical Emergency:

A coach, manager, or other individual acting in any capacity for a team may render first aid / CPR for any player who is or appears to be in medical distress during a practice, game or other lacrosse event. The coach, manager or other individual rendering first aid/CPR must be qualified to provide the first aid / CPR. In cases where the injury is beyond the scope of the person qualified to render first aid / CPR the coach, manager, team safety or other individual acting in any capacity for a team should contact 911 and ensure the appropriate emergency medical response for the player.

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Suspected Concussion:

A coach, manager, team safety or other individual acting in any capacity for a team must immediately remove any player from practice, a game, or other lacrosse event if they suspect the player is displaying signs of a concussion. The player must be removed from play for a minimum of 24 hours.

Medical Injury / Concussion Report:

A coach or manager must complete the SLA Medical Injury / Concussion Report on the date of injury.

Notification of Parent of Legal Guardian:

The coach, manager or other individual acting in any capacity for a team, who called 911 or made the determination that the player was removed from play, must as soon as practical contact the legal guardian of the player to ensure the legal guardian is aware of the circumstances surrounding the medical emergency or suspected concussion and therefore can make informed medical decisions for their player.

Notification of Association:

The manager of the team for which the player had a medical emergency or was removed from play, must as soon as practical contact the VP of the respective division or the President of the Saanich Lacrosse Association so the association can ensure the player is not returned to play without proper assessment and documentation.

Return to Play:

No player removed from play due to the above procedures shall return to play until they provide a medical clearance letter from a physician or other licensed medical professional.

The British Columbia Lacrosse Association also requires the medical clearance letter to be provided to the Provincial or Tournament director if the return to play is during a Provincial Championship or a Tournament. If the return to play is in relation to a coach or official the BC Lacrosse Coaches Group or BC Lacrosse Officials Group Chair must be notified.

The return to play process should be a collaborative process negotiated between the player, the legal guardians, the coach and manager, ensuring the health and best interests of the player are the primary consideration.

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Suggested Resources / Form:

<https://cattonline.com/lessons/coach-introduction/>

<https://cattonline.com/wp-content/uploads/2017/10/CATT-Return-to-Sport-V11.pdf>

http://www.parachutecanada.org/downloads/injurytopics/Medical-Assessment-Letter_Parachute.pdf

<https://parachute.ca/wp-content/uploads/2019/06/Concussion-Guide-for-Coaches-and-Trainers.pdf>

<https://parachute.ca/wp-content/uploads/2019/06/Concussion-Guide-for-Athletes.pdf>

[Saanich Lacrosse Association Medical – Concussion Incident Report](#)

[Saanich Lacrosse Association Medical Assessment Letter](#)

Annual Policy Review:

The SLA will review the policy annually and amend the policy to align with the CLA and/or BCLA policies and best practices for concussion management.

The policy was updated November 2020 and is subject the discretion of the SLA Executive.