



Waterloo Ringette – Concussion Policy

Waterloo Ringette adheres to the Ringette Ontario (RO) concussion policy and guidelines that can be found at <http://ontario-ringette.com/resources/concussion-sport-safety-information/>

Ringette Ontario has specific Return to Play procedures for Participants (coaches, athletes, volunteers, officials and other Members of Waterloo Ringette) that must be followed. In addition, the *Ontario Ringette Concussion Management Guidelines* outlines the team staff roles and responsibilities as outlined below:

Team staff:

The team Emergency Action Plan (EAP) should indicate specific responsibilities for team staff regarding an injured player. Teams may wish to add a specific section to their EAP outlining information and actions related to concussive injuries.

The coaching staff of the individual with a suspected concussion should complete the following within seven days of injury:

- Injury Report Form M-F-13; and,
- Concussion Incident Form

Direction for head coach:

The Head Coach retains the responsibility to initiate actions related to athletes with potential concussions. The two main responsibilities of the Head Coach include:

1. Enacting the team EAP.
2. Ensuring the timely completion of required forms.

The main trigger for the Head Coach to fulfill these responsibilities will be when any athlete suffers an impact during a game resulting in missed playing time due to symptoms indicating potential concussion.

“When in doubt, fill the form out”

When the injury report and concussion incident report forms are completed, the following process must be followed:

1. The athlete must be given the Athlete Concussion Report Medical Form and seek medical assessment by a physician to determine whether a concussion has occurred.
2. The player is not to resume on-ice activities until the form is returned to the Head Coach.
3. The athlete and parent/guardian should be given the Concussion Information Sheet to help guide them through the process.