



### **Return from Illness or Injury Policy**

In an effort to safeguard our players and bench staff, this policy has been adopted by the West Ottawa Ringette Association (“WORA”) to ensure that the safety and well-being of our players and bench staff are paramount with respect to decisions as to when they can resume participation in Ringette Activities (which includes ringette games, practices, warm-ups, off-ice training, power skating, dryland training, treadmill, and other WORA or team-related events) after sustaining an injury or illness.

#### **Policy Statement**

Any player or bench staff who:

- sustains an injury that impacts their ability to participate in Ringette Activities, whether the injury occurred while participating in Ringette Activities or otherwise
- removes themselves or is removed by a parent or bench staff from participation in any Ringette Activities due to injury or illness or suspected injury or illness, or
- contracts a serious illness (such as mononucleosis).

Must:

- provide their team’s Trainer with a medical note\* which either:
  - includes guidelines for return to participation in Ringette Activities, or
  - indicates that they are medically fit to resume participation in Ringette Activities without restriction; or
- Where they do not seek medical treatment, provide written confirmation that they do not or, in the case of a player who is under 18, their legal guardian does not believe that medical treatment is required and that they wish to return to Ringette Activities.

Upon receipt of the note, the Trainer will determine, in the exercise of a sole discretion and acting reasonably and, in their belief, in the best interests of the player’s or bench staff’s safety and well-being that the player or bench staff can return to Ringette Activity.

Upon receipt of the note the player or bench staff is required to participate in an on-ice practice where the player or bench staff can be assessed to ensure they are symptom free. This assessment must be conducted by both the team’s Trainer and a minimum of one of that team’s coaches.

Even where a medical note has been received or an on-ice practice has occurred, the Trainer may determine, in the exercise of a sole discretion and acting reasonably and, in their belief, in the best interests of the player’s or bench staff’s safety and well-being, while taking all circumstances into account, that the player or bench staff cannot return to Ringette Activity.

\*Important Note\* A player with a suspected concussion MUST follow the policy and guidelines outlined by Ringette Ontario, which are outlined in the following documentation:

<https://ringetteontario.com/wp-content/uploads/2019/06/Concussion-Policy.pdf>

<https://ringetteontario.com/concussion-awareness/>

When making a determination as to whether a player or bench staff can return to Ringette Activity, the determination shall lie solely with the Trainer. The Trainer may seek support from other bench staff or from the Vice-President but, ultimately, the Trainer shall make the determination. However, in the event of a disagreement between the Trainer and the Vice-President, the decision of the Vice-President shall govern.

**It is important to note that the decision by the Trainer is NOT a medical determination. That determination lies exclusively with a medical professional, where one is involved. Where a medical professional is involved, their determination is definitive. Where a medical professional is NOT involved, the Trainer should rely on their overall understanding of the circumstances, using their best judgment, to act in the best interest of the player or bench staff. Where they are not comfortable making that determination, the Vice-President should be involved to make the decision.**

Note that where the Trainer is the impacted bench staff of the parent of the impacted player, the Head Coach shall assume the position of the Trainer, as described above, and the Trainer shall NOT participate in the process.

Trainers are responsible for tracking all injuries for their team that occur as a result of ringette activities, reporting those injuries and illnesses to Ringette Ontario's injury tracker <https://ringetteontario.com/resources/sportinjuries/> as required, and resolving the associated issues in accordance with this policy.

Trainers should, and should encourage their team to, report all injuries through WORA's injury reporting tool available on the Association's website <https://www.westottawaringette.com/association/report-player-injury/>. Note, however, that this tool is only made available for the purpose of notification to the Association's Executive. No action will be taken by the Executive upon receiving a report. While the Vice-President is always available to assist, he or she will only become involved in a decision regarding an injury or illness where requested to do so.

\*Medical specialist treating injury or illness, eg. family physician, physiotherapist, etc

Reviewed and revised August 2021.