

KTMHA Concussion Policy

Introduced: **JAN. 2019**

The KTMHA is committed to maintaining the health and safety of all of our players. Safety is a top priority for all of those participating in the sport of hockey. While we recognize that concussions cannot be fully prevented, education and training as well as prompt and appropriate management can better protect the health and well-being of our athletes, and potentially reduce the amount of playing time missed from subsequent concussions.

This policy is intended to be a tool to assist in the proper management of those who have a concussion or are suspected of having a concussion.

Policy

1. If a concussion is suspected to have occurred during the course of a game, a practice, or otherwise, the athlete is to be removed immediately from all practices and/or games and they should not be permitted to return until cleared by a qualified medical practitioner. If there are any doubts, assume that a concussion has occurred.
2. The symptoms and signs of a concussion or concussion like symptoms are to be observed and assessed by using the Hockey Canada Concussion Card (attached) as a guide for trainers and other team officials.
3. Qualified medical practitioners for the purposes of this policy are limited to Medical Doctors (MD's aka "physicians").
4. Once removed from play, the player is to be referred to a qualified medical practitioner for diagnosis and assessment as soon as possible.
5. The removal from play for a suspected concussion **must** also be reported immediately to Hockey Canada by way of completion and delivery of a Hockey Canada Injury Reporting (HCIR) form (also attached). A copy of the completed HCIR **must** also be sent to the KTMHA's Director of Risk Management (jayson.rider@kingminorhockey.com). It is the responsibility of each team's

rostered Trainer to ensure that the HCIR is completed and delivered to both Hockey Canada and the KTMHA as noted above.

6. Once a player has been diagnosed with a concussion or concussion like symptoms, he or she may not return to play until the Return-to-Play Process outlined below has been successfully completed and the player has been cleared by his or her physician to resume full play.
7. Return-to-Play Process:

No player will be allowed to return to play until he or she has successfully completed all six (6) steps of Hockey Canada's Return to Play ("RTP") protocol. Each Step should last a minimum of one (1) day and no player should progress from one step to the other in the RTP protocol until clearance has been received from his or her treating physician. Further, no player shall be returned to play until declared in writing to be fully fit for play by his or her treating physician.

Step 1

Light activities of daily living (as tolerated) which do not aggravate symptoms or make symptoms worse. Once tolerating Step 1 without symptoms or signs, proceed to Step 2 only as directed by the treating physician.

Step 2

Light aerobic exercise such as walking or stationary cycling. No resistance training or weight lifting. Once tolerating Step 2 without symptoms or signs, proceed to Step 3 only as directed by the treating physician.

Step 3

Individual sport specific physical activities (e.g. skating). Once tolerating Step 3 without symptoms or signs, proceed to Step 4 only as directed in writing by the treating physician.

Step 4

Cleared to return to the ice with team for skating drills/practice without body contact. May add light resistance training and progress to heavier weights. Once tolerating Step 4 without symptoms or signs, proceed to Step 5 only as directed in writing by the treating physician.

Step 5

Resume drills/practice with body contact. Once tolerating Step 5 without symptoms or signs, proceed to Step 6 only as directed in writing by the treating physician.

Step 6

Game play. The earliest a concussed athlete should return to play is one week, **and only with written medical clearance to do so.**

A second concussion sustained before a first concussion is fully healed can lead to “second concussion syndrome” and greatly increase the player’s risk of suffering serious and irreversible brain damage. If not properly managed the result could be the end of the player’s participation in sport and/or lasting impairment or reduction in many other aspects of the player’s quality of life. If the symptoms or signs of a concussion return at any point, the player should be returned to Step 2 and be re-evaluated by his or her treating physician.

Dated at Nobleton this 17th day of January, 2019.