

# CONCUSSION



## PURPOSE

The purpose of this policy is to outline the process used by Carstairs Minor Hockey Association with respect to concussion.

## SECTION 1 - CONCUSSION GUIDELINES

- 1.1 Carstairs Minor Hockey Association follows the Hockey Canada Six-Step method for Return to Play following Concussion in sport
- 1.2 When a potential Concussion has occurred the team trainer is the first point of contact with the injured player. The trainer will evaluate the player in question, using appropriate Hockey Canada protocols and will make a determination based on their assessment of the player. The Association strongly encourages that all teams use the Hockey Canada Concussion Awareness mobile application or physical Concussion Card.
- 1.3 If the trainer determines that the player may be concussed or is showing symptoms of a possible concussion then they shall deem that player unfit to play until assessed by a Physician. No player can return to play until the attending Physician has given the player clearance to do so in writing. The trainer's decision is final and cannot be overturned by the coaching staff, parents or spectators until the above mentioned criteria has been met

## SECTION 2 - RETURN TO PLAY (RTP) PROTOCOL

- 2.1 The return to play process is gradual, and begins after a physician has given the player clearance to return to activity. If any symptoms/signs return during this process, the player must be re-evaluated by a physician. There will be **no return to play** if **any** symptoms or signs persist.

Participants are encouraged to remember that symptoms may return later that day or the next, and not necessarily when exercising. The following is the Hockey Canada Return to Play Protocol:

- a) RTP Step 1: Light activities of daily living which do not aggravate symptoms or make symptoms worse. Once tolerating Step 1 without symptoms and signs, proceed to Step 2 as directed by a Physician.
  - a. RTP Step 2: Light aerobic exercise, such as walking or stationary cycling. Monitor for symptoms and signs. No resistance training or weightlifting
  - b. RTP Step 3: Sport specific activities and training (e.g. skating)
  - c. RTP Step 4: Drills without body contact. May add light resistance training and progress to heavier weights. The time needed to progress from non-contact

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to contact exercise will vary with the severity of the concussion and the player. Only go to step 5 after medical clearance. (Reassessment and note)

- d. RTP Step 5: Begin drills with body contact, if applicable for age group.
  - e. RTP Step 6: Game play. (The earliest a concussed athlete should return to play is one week)
- 2.2 Players should proceed through return to play steps only when they do not experience symptoms or signs and the physician has given clearance. Each step should be a minimum of one day. If symptoms or signs return, the player should return to step 2, and be re-evaluated by a physician.