



[TLGHA Injury Policy](#)

[Purpose](#)

The TLGHA believes the health and safety of Players in the Association is very important. This policy has been created to clarify the process that Team Staff, Players and Parents should follow for reporting injuries and returning to play following injury and concussion.

[Medical Information Sheet](#)

Each Player on the team must have a completed medical information sheet. It is the responsibility of the Trainer to have these forms at all team events.

[Medical Information Sheet Click Here](#)

[Proper Documentation of an Injury](#)

A Hockey Canada Injury Report Form (the OWHA Injury Report Form version) must be started by the trainer for injuries sustained by a player during practices, games or any team OWHA sanctioned events. The Family and Doctor complete the form and send it to the OWHA contact at the bottom of the form within 90 days of injury.

[OWHA Injury Report Form Click Here](#)

[Suspected Concussion](#)

Sport related concussion is a traumatic brain injury. Sport related concussion is often an evolving injury, and signs and symptoms may be delayed. Erring on the side of caution is very important.

If a Trainer suspects a concussion, participation in the hockey activity stops immediately. If there is any doubt as to whether a concussion has occurred, it is to be assumed that it has. The Player will not return to sport that day. The Trainer will not allow the Player to participate in sport until after the Player has received a Professional Medical Evaluation. It is recommended that the evaluation is performed by a Healthcare Professional that is experienced in the management of concussion, for example, a Sports Medicine Physician. If the Player is diagnosed with a concussion, see the 6 step return to play protocol in the TLGHA concussion resources and the links provided below. The 6 step process will be guided by the player's health care professionals.

Concussion Information for Parents/Caregivers

What should I do if my athlete has a possible concussion?

- Remove your child from play.
- Keep your child out of play the day of the injury.
- Your child should be seen by a health care provider who is experienced in evaluating for concussion.
- Your child should only return to play with clearance from your medical doctor.
- Give the brain time to heal.
- Refer to the resources on the TLGHA website.
- Follow return-to-school protocol.
- Follow return-to-play 6 step protocol.

Communication

When an injury has occurred, the trainer will inform parents/caregivers of the injury and recommend medical evaluation. The player should not be left alone after the injury, and serial monitoring for change /deterioration is important post injury. The trainer will also inform the bench staff of the suspected injury and any recommendations made to the Player/Parents/Caregivers.

Return to Play

The TLGHA expects that the injured Athlete and their Family will facilitate the Return-to-Play process by providing a Return to Play Form on the TLGHA website, or a note completed and signed by the Healthcare Professional, to the Trainer of the team.

This form or a version of it will be provided after all concussions (whether the injury is sustained at hockey or another activity or sport).

For all other injuries, the Parent/Family/Athlete will work with their Healthcare Professionals and Return-to-play following the Medical Advice provided. A Return-to-play form is helpful for the Bench Staff and Trainers for all injuries. Families/Parents may also complete this form for injuries other than concussion.

Concussion Return-to-play is a 6 step process that is guided by the healthcare professional and the player must provide medical doctors note for return to play at the end of the process.

Return to Play Links for reference below:

Think First Return-to-play guidelines

Hockey Canada concussion awareness

Consensus statement on concussion and sport, Berlin 2016

Head Trainer's for Competitive and House League

The Trainer's in these roles will assist all TLGHA Trainers. They will be a resource for all Bench Staff and provide guidance in situations where clarification or further information is required. They will also act as a liaison for any issues that the TLGHA Board should be made aware of.

Policy revised in spring 2018