



TLGHA Injury and Return to Play 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. A new form must be completed at the start of the season. Link to the form is below.

<http://www.hdco.on.ca/pages/documents/htcpMedicalInfoSheet.pdf>

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. Link to form is below.

http://owha.pointstreaksites.com/files/uploaded_documents/3323/2016_Injury_Report_Eng_OWHA.pdf

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. The Trainer will make the decision to remove the player and the bench staff will support the Trainer. 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.

Player, Families and Bench Staff should refer to the TLGHA website resources for more information on concussion. <http://www.torontoleasidewildcats.ca/league-info/concussion-resources/>

Concussion Information For Parents/Caregivers

What Should I Do If My Child or Teen Has a Possible Concussion? As a parent, if you think your child or teen may have a concussion, you should: 1. Remove your child or teen from play. 2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a health care provider and only return to play with permission from a health care provider who is experienced in evaluating for concussion. 3. Ask your child's or teen's health care provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer. Do not try to judge the severity of the injury yourself. Only a health care provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days. The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a health care provider. For more information www.cdc.gov/headsup and also the concussion resources at the TLGHA link above.

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. The trainer will not allow a player to return to play with suspected injury. Trainer's will make the final decision about return to the play at all times on the bench.

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 (link below), 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.

http://assets.ngin.com/attachments/document/0046/7092/HTCP2006-07ReturntoPlay-Form_1_.pdf

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:

<http://www.coach.ca/files/returntoplayguidelines.pdf>

http://www.hdco.on.ca/pages/documents/concussion_card.pdf

<http://bjism.bmj.com/content/bjsports/early/2017/04/26/bjsports-2017-097699.full.pdf>

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.

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