

TITLE	RETURN TO PLAY
POLICY #	Operational - 8.7
APPROVED DATE	April 25, 2024
REVISED DATE	
OWNED BY	Executive Committee

1.0 OVERVIEW

This policy is to help guide team staff while working with parents of injured players. BMHA is committed to the health and safety of its players and have developed the following policies to ensure that players seek the appropriate medical assistance and have properly recovered from their injuries before returning to play.

2.0 POLICY

If a player sustains a bodily injury during any team practice, game (exhibition, regular season, playoff, or tournament), training or team event whereas the player is removed from the ice and then from the game, required to seek a physician’s consultation and/or emergency medical assistance, the player will require documentation from a medical physician that they are cleared to return to play.

As per Hockey Alberta and Hockey Canada Concussion Protocol, if a participant is suspected of having a concussion, the following steps MUST occur:

2.1 The participant is immediately removed from play, regardless if the concussion occurs on or off the ice and they are not permitted to return to play that day. If there are doubts, assume that a concussion has occurred. “When in doubt – sit them out.” The coach/manager/health and safety person on the bench can refer to the Concussion Recognition Tool. A hard copy of this should be kept with the first aid kit in the coach bag.

Concussion Recognition tool:
<https://coach.ca/sites/default/files/2020-01/CRT5.pdf>

2.2 The participant is referred to a physician for diagnosis as soon as possible and the coach/manager should be completing page 1 of the Hockey Canada Injury Report (HCIR) form, taking a photo of it and emailing the photo to Hockey Alberta for tracking purposes. The coach/manager will then give the form to the parents to complete the page 2 section for insurance purposes, if required. Blank Copies of these forms should be kept in the Coach bag.

Hockey Canada Injury Report (HCIR) form:

https://cdn.hockeycanada.ca/hockey-canada/Hockey-Programs/Safety/Insurance/Downloads/2020/2020_injury_report_hockeycanada_omha_e.pdf

2.3 Once a participant, who is experiencing “concussion like symptoms” is diagnosed with a concussion by a physician, the participant is not permitted to return to play or practice/training until all of the ‘return to play’ requirements are met.

Hockey Canada Concussion follow up and Communication Form and the Hockey Canada Concussion Card listing all the steps: <https://cdn.hockeycanada.ca/hockey-canada/Hockey-Programs/Safety/Concussion/Downloads/hockey-canada-concussion-policy-e.pdf>

NOTE: All of these forms can be found on the Hockey Alberta website under;

Member → Safety Management → Concussions → Resources → HC Concussion Policy

When the document states in Step 5 of the Return to Play - Body Contact - it is referring to a full-on practice with all drills and no special jersey to denote “*do not touch this player.*” After a full practice has been completed and the player has waited 24 hours with no return of symptoms, then they can move to Step 6 - Playing in a game.

2.4 Written clearance from a physician is required before the participant can return to play. A copy of this declaration is maintained by the Team Manager.

3.0 MORE EDUCATION

Please refer to the University of Calgary Online Concussion Free Course <https://kinesiology.ucalgary.ca/current-students/online-concussion-course>