

**Walden Ringette Association
CONCUSSION POLICY**

*Adapted from the Ontario Ringette Association Concussion Policy, found here:
<https://ontario-ringette.com/wp-content/uploads/2017/11/ORA-Concussion-Policy.pdf>*

The WRA is committed to ensuring the safety of all participants (players, coaches, volunteers, officials) while on the ice. We strongly believe that increased awareness regarding the long-term effects of Concussions is critical to prevention as well as to protecting the health and safety of all participants.

This policy provides protocol to be followed in the event of a possible Concussion. Proper management of a Concussion is critical to recovery and helping to ensure the individual is not returning to physical activities too soon, risking further complications.

A “Concussion” is herein defined as an alteration in thinking and behaving as a result of a physical impact. It is a clinical diagnosis that can only be made by a physician.

Concussion Management Guidelines

The WRA adheres to the Ontario Ringette Association Concussion Management Guidelines which provide guidance in identifying signs and symptoms of a Concussion, the suggested responsibilities of coaches and other team staff, return to play guidelines, and the reporting mechanisms for instances of possible Concussions.

The Concussion Management Guidelines are available here:
<http://ontario-ringette.com/wp-content/uploads/2017/09/ORA-Concussion-Management-Guidelines.pdf>

Procedure

During all events, competitions, and practices, Participants must refer to the Concussion Management Guidelines and use their best efforts to be aware of incidents that may cause a Concussion and recognize and understand the symptoms that may result from a Concussion. These may appear immediately after the injury or within hours or days of the injury and may be different for everyone. Some common signs and symptoms are included in the Concussion Management Guidelines.

Coach / Administrator / Supervisor Responsibilities

All members of the WRA community (including coaches, trainers, officials, and even parents) should be familiar with their responsibilities under the Concussion Management Guidelines. The Guidelines explain how to recognize signs of a Concussion, the initial actions that should be taken, the return to play protocols and the reporting responsibilities to Ringette Canada.

Every possible Concussion incident must be reported to the Ontario Ringette Association.

Concussion Emergency Action Plan (EAP)

The team Emergency Action Plan (EAP) indicates specific responsibilities for team staff regarding an injured player. The Head Coach retains the responsibility to initiate actions related to athletes with potential Concussions.

FOR MEMBERSHIP REVIEW

The main trigger for the Head Coach to fulfill these responsibilities will be when any athlete suffers an impact during a game resulting in missed playing time due to symptoms indicating potential Concussion. The two main responsibilities of the Head Coach include:

1. Enacting the team EAP.
2. Ensuring the timely completion of required forms.

The WRA Concussion Emergency Action Plan (EAP) can be found in **Appendix C** of this document.

Return to Play

A Participant with a suspected Concussion, even if the Participant was not rendered unconscious, will not be permitted to return to play until the Participant has consulted a physician.

Prior to returning to play, the participant must consult and follow the Return to Play section of the Concussion Management Guidelines.

Medical Clearance

In following the Return to Play section of the Concussion Management Guidelines, the participant will have been required to consult a medical physician.

Once the Participant has been given medical clearance by a physician, the coach, administrator and/or supervisor is required to forward a copy of the medical clearance letter to Ontario Ringette for the purpose of monitoring.

Summary of Reporting Obligations

Ontario Ringette must be informed whenever a possible Concussion incident occurs, the result of consultation with a medical professional, and when the participant is able to return to play.

The following notifications should be completed online at www.ontario-ringette.com:

- Injury Report Form - <http://ontario-ringette.com/form-test/>
- Concussion Incident Form - <https://www.ringette.ca/wp-content/uploads/2016/09/Concussion-Incident-Report-Form.pdf>

Resources

Ontario Ringette Association - Concussion Information (documents & forms)

<https://www.ringette.ca/Concussion/>