

## NORTHBROOK HOCKEY LEAGUE CONCUSSION POLICY

In response to the growing awareness and concern for player safety, the Northbrook Hockey League is updating the concussion policy and protocol. The policy consists of two parts - upfront screening and after an apparent injury occurs. USA Hockey, AHAI, and the GBN / Bluehawks organization are expanding concussion awareness programs, pre-injury screening, and "return to ice" direction and support for players and families. This policy will be in place for players age 11+ (Peewee, Bantam, GBN JV, GBN Varsity) house league and travel programs.

### SCREENING

The Northbrook Hockey League will require baseline concussion testing to participate on ice. For the 2016/17 season, all players must submit proof of a completed baseline test by Oct 1, 2016. The baseline test may be completed by any qualified screening organization including Athletico, IBIJ, or GBN. Many of these organizations provide the test free of charge. Additional information can be found at these sites:

<http://www.athletico.com/locations/northbrook-downtown/?location=northbrook-downtown>  
<http://www.ibji.com/blog/2013-02-20/pre-concussion-baseline-screening>  
[http://www.cdc.gov/headsup/basics/baseline\\_testing.html](http://www.cdc.gov/headsup/basics/baseline_testing.html)

Test must be current, within the last two years. Participation in on ice activities (practice / games) will not be allowed after Oct. 1, 2016 if proof of a baseline test has not been submitted. If a test expires during the hockey season, a new baseline test must be obtained for the player to continue participating on the team.

Beginning in the 2017/18 season, screening must be completed and proof of performance on file with the league prior to tryouts. If baseline / screening is not on file, the player will not be allowed to participate until submitted.

### APPARENT HEAD INJURY

Any player suffering an apparent head injury must be assessed for a possible concussion. All of our Travel Coaches are required to take the Center for Disease Control's concussion recognition course and pass a certification. They are provided by AHAI with laminated "cheat sheets" for concussion recognition factors listed. Ultimately, it is the player's parents who must make a determination as to whether to seek medical attention for their child. Under the player safety protocol adopted by the NBHL, **any player suffering an apparent (to our Coaches) head injury who exhibits concussion-like symptoms is required to get written clearance to play from a health care professional (of the family's choice) experienced in the evaluation of concussions before they are allowed to participate in games or practices. The baseline tests being required by the NBHL provide a physician with another tool to evaluate a player's condition.**

Good sources to learn more about concussions are the following websites:

[www.athletic.com/concussions](http://www.athletic.com/concussions)  
[www.impacttest.com/about/background](http://www.impacttest.com/about/background)  
[www.cdc.gov/concussion/sports](http://www.cdc.gov/concussion/sports)