



## **Concussion Management Protocol**

It is the policy of the Peninsula Youth Hockey Association (PYHA) to provide the safest sporting environment possible for all program participants. PYHA board members, coaches, volunteers, and program participants will follow the guidelines set forth in this policy.

### **POLICY:**

Program participants who are suspected of suffering from a concussion, demonstrate signs and symptoms of potential concussion, or have been diagnosed with a concussion will be immediately prohibited from participating in PYHA activities and programs until released to full participation by a qualified health care provider.

### **DISCUSSION:**

A concussion is a traumatic brain injury that alters the functioning of the brain. In the sports world, concussions usually occur as a result of impact with force to the head, neck, or body that causes the brain to move inside the skull. Players do not need to suffer unconsciousness to have sustained a concussion. Statistically, less than 10% of players who sustained concussions lose consciousness.

Signs and Symptoms of concussions include, but are not limited to the following:

- Signs/characteristics commonly associated with concussions.
- Behavior or personality changes
- Appears dazed or stunned, moves clumsily
- Confused about assignment, slow answers to questions, lethargic
- Failure to recall recent events such as time, location, or details of time shortly before or after the injury
- Symptoms commonly associated with concussions.
- Headache, nausea, vomiting, dizziness, loss of balance
- Blurred vision, double vision, sensitivity to light and sound, poor concentration, impaired memory.

### **PROCEDURE:**

Any time a player is involved in an incident with significant impact force that may have resulted in a concussion; the following procedures will be followed:

- ***Remove the player from participation immediately and evaluate***
- If the player is unresponsive **DO NOT** move them. If the player is not breathing, begin CPR. Summon emergency medical assistance and parent/guardian immediately.

Evaluate the player on ice prior to movement. Assume a neck injury until:

- Player verifies no neck pain.
- Player verifies no tenderness of the neck
- Player verifies no pain, numbness, or tingling sensations.
- Player verifies normal strength and sensitivity to light and touch.

If the player is conscious and responsive with no signs of neck injury, assist them off the ice and to locker room (if possible.) **DO NOT** leave the player unattended.

- ***Notify the player's parent /guardian***
- Provide parent/guardian with summary of the incident and any signs/symptoms demonstrated by the player.
- If possible, have the parent/guardian present prior to further evaluation as noted below.

- **Evaluate the player**
- Ask the player questions, checking for signs/symptoms of a concussion (How do you feel?)
- Verify orientation (What day is it, What is the score, Who are we playing)
- Check Immediate memory (repeat a list of five words)
- Test concentration (list months in reverse order)
- Test balance (Have player stand on both legs, with one foot in front of the other with eyes closed for 20 seconds)
- **Referral or Release of Player**
- A player may only be released to participate in PYHA activities and programs if none of the signs/symptoms are observed and after agreement by parent/guardian.
- Players exhibiting any signs/symptoms may have a concussion and must be restricted from further participation.
- The parent/guardian will be referred to follow up with a qualified health care provider.
- **Notify the Vice President of Hockey Programming as soon as possible about the incident**
- The Vice President of Hockey Programming is responsible for maintaining all documentation related to the release of players to full participation by a qualified health care professional.
- The Vice President of Hockey Programming will make appropriate notifications to PYHA board members and affected coaching staffs regarding restriction and release of players to participation.
- **Release of players to full participation by a Qualified Healthcare Professional**
- The affected player's parent/guardian is responsible for pursuing follow up evaluation by a qualified healthcare professional.
- The affected player must receive a release to full program participation by a qualified healthcare professional before rejoining PYHA activities and programs.
- The parent/guardian will show a copy of the release to full program participation to the PYHA coach, member, or volunteer responsible for the PYHA activity or program the player is currently enrolled in.
- The Parent/guardian and PYHA coach, member, or volunteer will complete the PYHA Return to Participation Waiver. The waiver will be forwarded to the Vice President of Hockey Programming for record keeping purposes.
- If the player is restricted from participation for an extended period of time and misses the remainder of the program they were enrolled in, the affected player's parent/guardian must provide a copy of the release to full program participation to the Vice President of Hockey Programming before the player can participate in future PYHA activities and programs.

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Parent Signature

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Date