



Medical Guidelines

Ontario Player Development League (OPDL)

A Guide for OPDL Teams to Medical Policies & Procedures on Game Day

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Contents

- Introduction.....2
- OPDL License Holder Clubs Expectations of Ontario Soccer / RTPSC.....2
- Ontario Soccer / RTPSC Expectations of OPDL License Holder Clubs.....2
- Sports Injury & Rehabilitation Centre & OPDL Process of Care Management.....3
- Parental Consent3
- Communication / Transfer of Game Day Injury Report Information3
- OPDL RTPSC Medical Game Day Coverage 20164
 - Role of RTPSC Medical Personnel.....4
 - Injury during Competition4
 - Activating Medical Services4
 - Head Injury5
 - Withdrawal from Competition due to Injury or Illness5
 - Injury Reporting and Data Collection5
 - Process.....5
 - Defining “Injury”6
 - What to Report6
 - 1. In the event of injury to a participant or volunteer:6
 - 2. Refusal of Medical Advice/Treatment.....6
 - 3. Head Injury.....7
 - 4. Withheld from Competition due to Illness or Injury7
 - 5. Fitness to Compete.....8
 - 6. Data Collection.....8



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Introduction

The objective of this manual is to provide clear and detailed information to OPDL License holders relating to Medical support and procedures on OPDL match days.

OPDL License Holder Clubs Expectations of Ontario Soccer / RtPSC

- Provide clear medical information process documentation and appropriate consent forms
- Professional qualified medical treatment at OPDL Match Days
- Secure management of player injury management information
- Player injury information shared when requested and parent / club consent is recorded
- Use injury records to inform and support training and education of medical providers both RTPSC and within OPDL License Holder clubs.
- All staff, players and Volunteers on the bench will wear a face covering as stipulated by the Government of Ontario

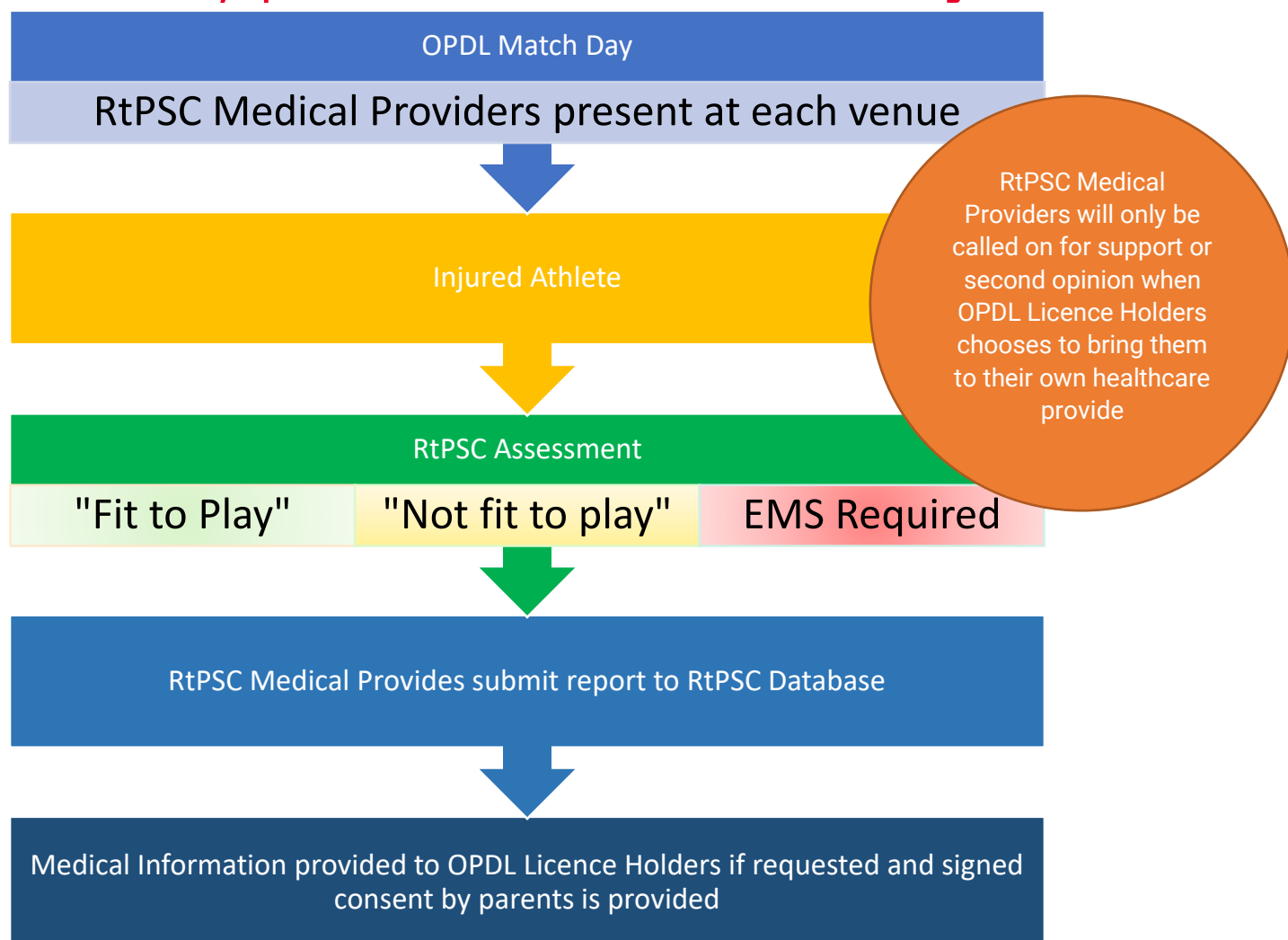
Ontario Soccer / RtPSC Expectations of OPDL License Holder Clubs

- Ensure consent forms are completed by all OPDL player parents / legal guardians
- Hold copies of completed consent forms at club administrative base
- Provide a record (register) of completed consent forms of all players to Ontario Soccer
- Educate players and parents regarding appropriate prevention and treatment protocols
- All RTPSC medical personnel will use and wear appropriate PPE as stipulated by the Government of Ontario during all games while providing coverage and athlete care.

If you have any further questions in relation to OPDL game day medical treatment or the associated process please contact Ontario Soccer.



Return to Play Sports Centre & OPDL Process of Care Management



Parental Consent

Team Managers must have a signed consent form from the parent or legal guardian for players to be attended to at the OPDL Venue by RTPSC. The consent forms are required to be available for the RTPSC personnel to view upon request at OPDL Match Days and accurate/current (for the current season) records of the consent held at the OPDL Clubs administrative base. Any unforeseen emergency / first aid treatment would be covered by the Good Samaritans Act in Ontario.

Communication / Transfer of Game Day Injury Report Information

Included in the consent form that the Team Managers hold is the transfer/communication of player injury details to the Team/Club Head Coach and /or their designated Medical / Healthcare Providers. RTPSC will maintain a database of all OPDL game day related injuries. This information will only be



shared with Ontario Soccer and the OPDL Club Coach if a parent or legal guardian has signed a consent form. No information will be released without this being included on the Parent / Legal Guardian Consent form.

OPDL RTPSC Medical Game Day Coverage

Role of RTPSC Medical Personnel

Depending on the level of certification, a RTPSC Medical Personnel may provide the service of: prevention of injuries; assisting with management of emergency situations with athletes; assisting with assessment of acute or chronic injuries; treatment of chronic injuries; basic therapy for injury recovery; return to play decisions; and/or referral to another health care provider.

Qualifications of RTPSC Medical Personnel may include:

- CASEM Sport Med. Physician
- Physician with Standard First Aid/CPR-HCP
- Certified Athletic Therapist
- D.C. FRCCSS(C), Licensed Chiropractor
- D.C. and/or Sports Resident with First Responder
- Sport Physiotherapist Diploma
- Sport Physiotherapist Certificate
- Registered Physiotherapist
- A.T. Certification Candidate with First Responder
- Registered Massage Therapist First Aid/CPR-HCP
- Registered Massage Therapist
- Licenced Kinesiologist or Student
- First Responder, First Aid or EMS Personnel

Medical services will be provided at the sport venues where requested or otherwise identified. Where OPDL Medical is present there will be an identified RTPSC Medical Personnel.

Injury during Competition

During the scheduled competition at all OPDL venues there will be a medical tent/room where athletes and volunteers can be assessed for injury or illness and receive an appropriate treatment or recommendation for additional care.

Activating Medical Services

RTPSC Medical Personnel will be available one hour prior to scheduled match start time to review expectations with sport volunteers in the event of injury. RTPSC Medical Personnel will be activated by the designated team or sport official to provide additional support in the event of a serious injury or multiple injuries, or may provide primary response in the absence of any team/sport personnel.

Athletes can visit the RTPSC medical tent for further evaluation and additional treatment.



Head Injury

Head Injury can be life altering and life threatening. It is different from a broken arm or leg in that you cannot see the injury. The brain is responsible for managing all aspects of life and any damage to this vital organ can be significant. There has been an increase in understanding the mechanisms of brain injury, symptoms, treatment options, long-term effects and the importance of prevention. In 2009, the Zurich Consensus was published with an updated protocol on sport concussion diagnosis and return to-play guidelines. These have been recently updated by FIFA in the Berlin Consensus in 2016.

In the OPDL, concussion will be assessed by a **RTPSC Medical Personnel** using the SCAT 5. Any player determined to have a Head Injury/concussion will be ineligible to compete that day. Please see RTPSC/OPDL Medical Policies for more information.

To read about the SCAT5, please visit: www.sportsinjuryrehab.com. To download the SCAT5 App, please visit: www.ontariosoccer.net

Withdrawal from Competition due to Injury or Illness

It is expected that most injuries will be evaluated and treated quickly and the athlete will be returning to play with little need for follow-up. However, in some cases, injury or illness may be more serious or complicated and result in a temporary or permanent withdrawal of the athlete from competition eligibility.

Injury Reporting and Data Collection

OPDL data collection includes an injury prevention program. This program includes a formal method of sports injury surveillance, reporting, data collection and data analysis. Injury surveillance and reporting by **RTPSC Medical Personnel** and coaches are invaluable tools for helping to identify specific injury risk factors and sport-specific common injuries. This information will be used to produce and implement injury prevention techniques that will be shared with all OPDL clubs, thereby creating a safer sports environment for athletes.

All data collection methodology has been approved by Ontario Soccer/RTPSC using the Injury Tracker Program and OSCAR Medical Software.

Process

All injury report forms will be collected daily and submitted electronically to RTPSC Head Office and data will be entered into a secure online database for data analysis. This information will be used to aid in further awareness of sport-specific common injury and in injury prevention. **RTPSC Medical Personnel** will ensure the confidentiality of all injured athletes when data is prepared, therefore guaranteeing that no individual athlete or team can be identified.

Implementation and compliance by coaches are crucial to the outcome of this program, and we ask that each coach (or designate) complete and submit the provided forms on a daily basis. Forms will be provided and made available at each medical tent or other specified location. Coaches (or designate) must submit a Daily Injury Report Form, irrespective of whether or not an injury occurred. We hope that this will be accomplished so that we can deploy supplies and resources effectively and provide accurate and reliable methods to prevent sports injuries among our athletes.



Defining “Injury”

In order to ensure accuracy, reliability, and validity of data, a consensus of the term “injury” must be reached. For all intents and purposes, an injury is defined as *“any musculo-skeletal complaint newly incurred due to competition and/or training during the tournament that received medical attention regardless of the consequences with respect to absence from competition or training”* (Junge et al., 2008).

What to Report

All newly acquired injuries (traumatic or overuse), incurred in competition the OPDL Games must be reported. This includes all injuries that received medical attention, and re-injuries of previously healed injuries that are newly incurred during the period of the OPDL Games.

The Daily Injury Report Form requires that the following information be included using the coding system provided:

- a) injured body part
- b) type of injury
- c) cause of injury
- d) contributing factor
- e) absence (if athlete is deemed unfit to play)

If no injury occurred to your athletes on any day, a Daily Injury Report Form must still be completed and submitted to RTPSC. The RTPSC Medical Personnel requires a daily report, regardless of whether or not injury has occurred at each OPDL match day.

1. In the event of injury to a participant or volunteer:

- 1.1. The participant or volunteer will be informed by the RTPSC Medical Personnel of the apparent nature of the injury and any potential short-term or long-term consequences of such injuries.
- 1.2. The participant or volunteer will be informed by the RTPSC Medical Personnel of the treatment options available regarding such injuries.
- 1.3. If the participant or volunteer is unsure of the treatment options, that participant or volunteer may ask for additional information from a RTPSC Medical Personnel.

2. Refusal of Medical Advice/Treatment

- 2.1. A participant or volunteer who is 18 years of age or older may make an informed decision about his or her treatment options
- 2.2. Where a participant or volunteer is under the age of 18 or is otherwise unable to make an informed decision about his or her treatment options, the following protocol will be enforced:
 - 2.2.1. The RTPSC Medical Personnel will contact the participant’s or volunteer’s parent or guardian and describe the injury and proposed treatment plan and have the team manager show the current signed informed consent.



2.2.2 Where a participant refusing advice/treatment is unfit to compete (as determined by the **RTPSC Medical Personnel**, he or she will be withheld from competition and will be subject to identified terms and conditions of reinstatement.

3. Head Injury

3.1. In the assessment of head injury, participants will be screened using the Sport Concussion Assessment Tool 2, based on the SCAT 5 Berlin Consensus Statement

3.2. A participant determined to have a head injury will be withheld from competition during the remaining competition, regardless of the participant's age in accordance with Ontario Soccer adopted Concussion Policy.

3.2.1 Once removed from play, the player with suspected concussion must be referred to a medical doctor or nurse practitioner with training in the evaluation and management of head injury and concussions.

3.3 A participant determined to have a head injury must bring a physician's note to return to play and present the note to the healthcare provider on site at an OPDL game.

3.3.1 Failing to produce such note will deem the participant ineligible for participation in the OPDL game.

4. Withheld from Competition due to Illness or Injury

4.1. A participant may be removed from competition under the conditions that include, but are not limited to:

- suspected brain injury
- visual impairment
- contagious conditions
- cardiopulmonary instability
- suspected spinal cord injury
- musculoskeletal injuries with significant risk of further injury
- suspected fractures
- suspected visceral injury

4.2. When a **RTPSC Medical Personnel** has identified that the athlete should not return to play, an indication on the player intake form, under the **Return to Play** section will be made. In such case, athlete must **not** take any further part in the game and will be deemed ineligible to play.

i A participant determined to have sustained a head injury can be withheld from competition for the remainder of the competition.

4.3. A participant withheld from competition will be provided a full explanation for the decision to remove him/her from competition.

4.4. Where a participant is under the age of 18, both the participant and the participant's Guardian will be provided with the full explanation referred to in 5.2. Where a participant is 18 years of age or older but is unable for any reason to receive the full explanation, referred to in 5.2, the participant's Guardian will be provided with the full explanation.



4.5. A participant who competes after he or she has been withdrawn from competition pursuant to the preceding and who has not been reinstated for competition will be subject to the ineligibility rules of the relevant Ontario Soccer.

5. Fitness to Compete

5.1. Following an injury or illness a participant will be assessed by an RTPSC Medical Personnel to determine his or her level of fitness to compete.

5.2. Where a participant is assessed by a RTPSC Medical Personnel and determined to be unfit for competition, that participant will be withdrawn from competition.

5.3. Where a participant is assessed by a RTPSC Medical Personnel and determined to be fit for competition that participant will be reinstated as available for competition.

6. Data Collection

6.1. The Report Form will be used for the purposes of providing effective services throughout the event.

6.2. The Medical Data collected electronically will be stored on a secure server at RTPSC Medical Personnel DIRF paper forms will be stored in a secure facility for Injury Prevention.

6.3. Paper-based Medical and Non-Medical Incident Report Forms will be stored in a secure facility RTPSC Head Office at the Ontario Soccer Centre

6.4. Player injury information will only be shared with an OPDL Head Coach or players parent when requested if the medical consent form has been signed and the Head Coach is listed in the consent form as being eligible to that information.



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