

MRC Policy 011697.3 -- INJURIES

INJURIES:

Medical release forms are available online at the MRC website and can also be printed during the online registration process for each sport. Coaches should have access to the medical release form for each child on their team whenever there is a team event. Medical release forms are to be provided to the coaches by the player's parent prior to the start of the first practice or event. The coach must review the medical release and have the child's parent sign the medical release at the bottom of the form.

When an injury occurs while a child is participating in an MRC event, all activity should stop and a coach should assess the situation. Assess does NOT mean diagnose, it means to take quick stock of the situation, and judge whether or not first aid attention is required. If the child is obviously seriously injured, one coach should remain with the child while another coach calls 9-1-1 for medical assistance and provides emergency teams the location of the injured child. If the parent or legal guardian is not present, the parent or legal guardian should be called next. If the parent or legal guardian is present, they should be deferred to. In every case, the parent or legal guardian has total control over the child.

If a child has an injury that prevents them moving, do not move the child.

If the wind is knocked out of the child and the child is in enough pain to require lengthy attention from the coaching staff, the child should be taken out of the game or practice for the remainder of the day.

RETURN TO PLAY: Any athlete who suffers an injury that requires medical attention from a medical practitioner shall not actively participate in any sport until cleared by a medical practitioner. A note shall be provided to the relevant sport, who will then forward onto the safety director. The note shall be specific in nature and provide a date that the athlete can return to full participation.

If a child was hurt during a practice or game, the head coach should follow up with a phone call later in the day to check on the status of the child.

If an injury was serious enough to warrant medical attention (i.e. ice pack, the child was limping, the child had to leave the game, even just for a few minutes) then the head coach must notify his coordinator and/or commissioner and file an injury report with the Vice President of the MRC within 24 hours of the incident.

HEAD INJURIES: If a child suffers a head injury, even if the child never loses consciousness, the child should be removed from the game or practice immediately. If a child is removed from play due to a head injury the child shall not be allowed to participate actively in practice or games without first providing a written note from a qualified physician that allows for full activity. In addition to the written note a 24 hour rest period from the time of the head injury must be observed prior to allowing the player to return to action.

EXCEPTIONS – There are no exceptions.

REASON – This policy is intended to ensure the safety and well-being for all children participating in MRC activities and to ensure that proper medical attention is provided. In addition, this policy seeks to prevent further injury from having children participate in activities while injured.

ADDENDUM #3 -- This policy was reworded for update to the medical release form requirement and the addition of the "24 hour rest period" following a head injury. 06-26-15