

CONCUSSION POLICY

The Ontario Women's Hockey Association believes that the safety and health of female hockey players is of paramount importance. When an individual has suffered a suspected concussion, the following steps must be taken:

- Any female hockey player who suffers a suspected concussion must stop participation in the hockey activity immediately. If there is doubt as to whether a concussion has occurred, it is to be assumed that it has and that the player's parent guardian be encouraged to have the injury properly diagnosed by a medical doctor as soon as possible. A hockey activity is defined as any on-ice or off-ice function involving physical activity.
- Team officials should recommend to the individual's parent or guardian that they seek medical attention immediately, especially if the concussion occurred in any form of hockey activity.
- When a player is diagnosed by a medical doctor as having a concussion, the individual must stop participation in all hockey activities immediately.
- The participant is not permitted to return to any hockey activity until written permission is given by a medical doctor. ** Note - Return to full participation shall follow the adopted Hockey Canada Safety Program return to play guidelines outlined below.

Recommended Return to Play Framework

The return to play process is gradual, and begins after a doctor has given the player clearance to return to activity. Doctor's clearance must be submitted to your governing hockey body or the Team Trainer.

Step 1: No activity, only complete rest. Proceed to step 2 only when symptoms are gone.

Step 2: Light aerobic exercise, such as walking or stationary cycling. Monitor for symptoms and signs. No resistance training or weight lifting.

Step 3: Sport specific activities and training (e.g. skating). Step 4: Drills without body contact. May add light resistance training and progress to heavier weights.

The time needed to progress from non-contact to contact exercise will vary with the severity of the concussion and the player. Go to step 5 after medical clearance (reassessment and note to be submitted to your team's staff or your governing body as per Branch policy).

Step 5: Begin drills with body contact.

Step 6: Game play.

Each step should take at least one day

If symptoms or signs return, the player should return to the previous step, and be re-evaluated by a physician.