

Jr. Blue Hens- Concussion Guidelines

Recommendations:

The Jr. Blue Hens strongly encourage all youth hockey players u12 (Peewee) and up to have an I.M.P.A.C.T. concussion baseline test performed prior to the beginning of the season. The season will begin near the end of August. We strongly encourage you to call and make an appointment soon to have the test completed.

Jr. Blue Hens- Return to Play Concussion Policy:

If at any point, for any reason a player is diagnosed with a concussion, removed from play for a head trauma or fails a sideline concussion test, the player will not be permitted to return to on/off ice activities until the head coach receives clearance from a Physician including any return to play guidelines that the Physician may require. The Jr. Blue Hens are taking steps to educate athletes and parents about the dangers of head trauma as well as making sure our players have the best chance at a lifetime of hockey. If you have any questions or concerns about this policy, please reach out to any JBH Board member.

The quickest, safest and most effective way to have a player return to the ice is to have an I.M.P.A.C.T. concussion baseline test on file that was performed before the head injury occurred. **Without this test, the recovery time could be significantly increased.** This test can be administered at many locations across the state, including your child's school.

Please read the attached information and set up your I.M.P.A.C.T. concussion baseline test today. Don't wait. They can take some time to get scheduled.

Concussion Information:

USA Hockey Concussion Information:

www.usahockey.com/safety-concussion

CDC Concussion Heads Up online Training Course:

www.cdc.gov/concussion/headsup/online_training.html

NFHS Learning Center:

www.nfhslearn.com/electiveDetail.aspx?courseID=38000

Area Baseline Testing Locations:

Please call to schedule a time:

Baseline Testing is typically NOT covered under your insurance.

-Dynamic Physical Therapy: \$20/per Various Locations across DE and PA: www.dynamicpt.com

-A.I. duPont Children’s Hospital: \$12/per 302-651-4000

-Brain Works and Mind Matters 302-547-4708. \$25/per

-IMPACT Care Provider Network:

www.impacttest.com/find_care_provider/

Area Post-Trauma Locations:

-First State Orthopaedics- Dr. Joseph Straight

-A.I. duPont Children’s Hospital

-IMPACT Care Provider Network:

www.impacttest.com/find_care_provider/

Please note that you are not required to use any of these locations. We are **not** requiring you to provide us with a copy of the baseline test. We are only strongly encouraging you to have one on file in case you may need it. The Jr. Blue Hens **Return to Play Concussion Policy** will be strictly enforced by the coaching staff.

Thank you,

Jr. Blue Hens Board of Directors

By signing below you have agreed to reading and understanding the Jr Blue Hens Concussion Policy.

Signature _____ Date _____