



BURLINGTON GIRLS HOCKEY CLUB

On-Ice Concussion Protocol

HEAD INJURY OBSERVED ON THE ICE



CONCUSSION RECOGNITION TOOL 5 (CRT5)



RED FLAGS?
Call 911 immediately, go to nearest Emergency Department



AT LEAST 1 SIGN AND/OR SYMPTOM?

YES

NO

- Player **must not** return to play
- Complete CRT5, take photo of it
- Inform parents; player **must** get medical evaluation
- Give **CRT5*** & **Medical Assessment/Clearance Letter – Part A*** to parents to take with them for physician to clear or diagnose with concussion; **parents to send in to club**
- Trainer must complete **Hockey Canada Injury Report***, take picture and send in with CRT5 **within 24 hours**; original given to parents

- Observe closely for remainder of game/practice
- If any signs/symptoms appear at any time, remove player from play and follow protocol
- Trainer to advise parents to monitor player for next 24-48 hours in case symptoms appear; if symptoms appear, follow protocol



PLAYER CLEARED?

~ Trainer to follow up with parents after medical evaluation ~

Advise **parents** to send in **Medical Assessment / Clearance Letter – Part A*** ASAP

YES

NO – Diagnosed with Concussion

- Trainer advise BGHC* of outcome
- Trainer ensure **parents** send in **Medical Assessment / Clearance Letter – Part A*** as soon as cleared and await BGHC approval
- Continue to **monitor 24-48 hrs** for reappearing symptoms
- If symptoms reappear, see doctor

- **Trainer advise BGHC* of outcome**; player must **rest 24-48 hrs** (physical/mental) before starting return to sport
- Player **must not** return to practices/games/sport-related activity until **all** signs/symptoms have resolved
- Player must successfully **return to school and have medical clearance before starting Step 5** of Return to Sport
- **As soon as medically cleared**, Trainer advise **parents** to send in **Medical Assessment / Clearance Letter – Part B***, await BGHC approval

* Trainer to ensure all documents and updates are sent to equipsafety@bghc.ca; coach/trainer/parents to be copied on all communications to BGHC; medical clearance must be completed by a **Medical Doctor** or **Nurse practitioner**; documentation by any other source will not be accepted