

Woolwich Minor Hockey Concussion Protocol - 2019

Concussive Incident and One or More Symptoms of Concussion

- Player should be removed from play immediately
- Coaches/Parents notified
- Report suspected concussion to WMH via website

Player Evaluated by Physician

Red Flags to Start Emergency Action Plan

- Neck pain or tenderness
- Double vision
- Weakness or tingling/ burning in arms or legs
- Severe or increasing headache
- Seizure or convulsion
- Loss of consciousness
- Deteriorating conscious state
- Vomiting
- Increasingly restless, agitated or combative

Cleared from Concussion

- Player can Return to Play

Concussion Diagnosed

Initiate Emergency Action Plan

- Monitor player until transfer of care

Return to Learn

- Return to school full time without accommodation

Return to Play Protocol

1. Symptom Limited Activity
 2. Light Aerobic Exercise
 3. Sport-specific Exercise
 4. Non-Contact Training Drills
 5. Full Contact Practice
 6. Return to Play
- Medical Clearance Form required by trainer before return to on ice contact or full non-contact

Safe Return to Hockey!