



GMHA TRAINER'S

CONCUSSION KIT

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TRAINERS CHECKLIST

Like all hockey governing bodies across Canada, GMHA has put an increased focus on concussion awareness and education. As such, we have updated our concussion protocol documentation and identified strong reference materials to be shared across the membership (coaches, players and parents). This checklist is intended to provide you an action plan before the season starts and simple steps to follow in the case of an injury.

Preparation

- Update yourself with the Hockey Canada smart hockey concussion kit.
- Go to the GMHA web site and familiarize yourself with the *concussion pages*, for example, know how to submit in case of a suspected concussion.
- Download the Hockey Canada Concussion APP on your phone.
- Review the sideline assessment tools and keep the card and the kit accessible in your trainer's kit.

Pre Season

- Hold a parents meeting (preferably at one of your first practices) to increase awareness and understanding of the concussion protocols and reference materials.
- When informing your parent send out the link to the Smart Hockey program before hand and tell them to review the Parachute program (attached link), specifically the ThinkFirst Smart Hockey video prior to the meeting.
<http://www.parachutecanada.org/programs/item/thinkfirst-smart-hockey-program>
- During the meeting, discuss our protocols and how we handle an injury and the steps involved. Go over the flow chart as a reference.
- Prior to the end of the meeting have all parents acknowledge that they have reviewed the Smart Hockey program (including ThinkFirst Smart Hockey video). An acknowledgement sheet is located at the end of the Parachute PDF and a hard copy is part of this kit.
- Any player with a previous history of concussions use the sheet provided in your kit to go over the injury with the player

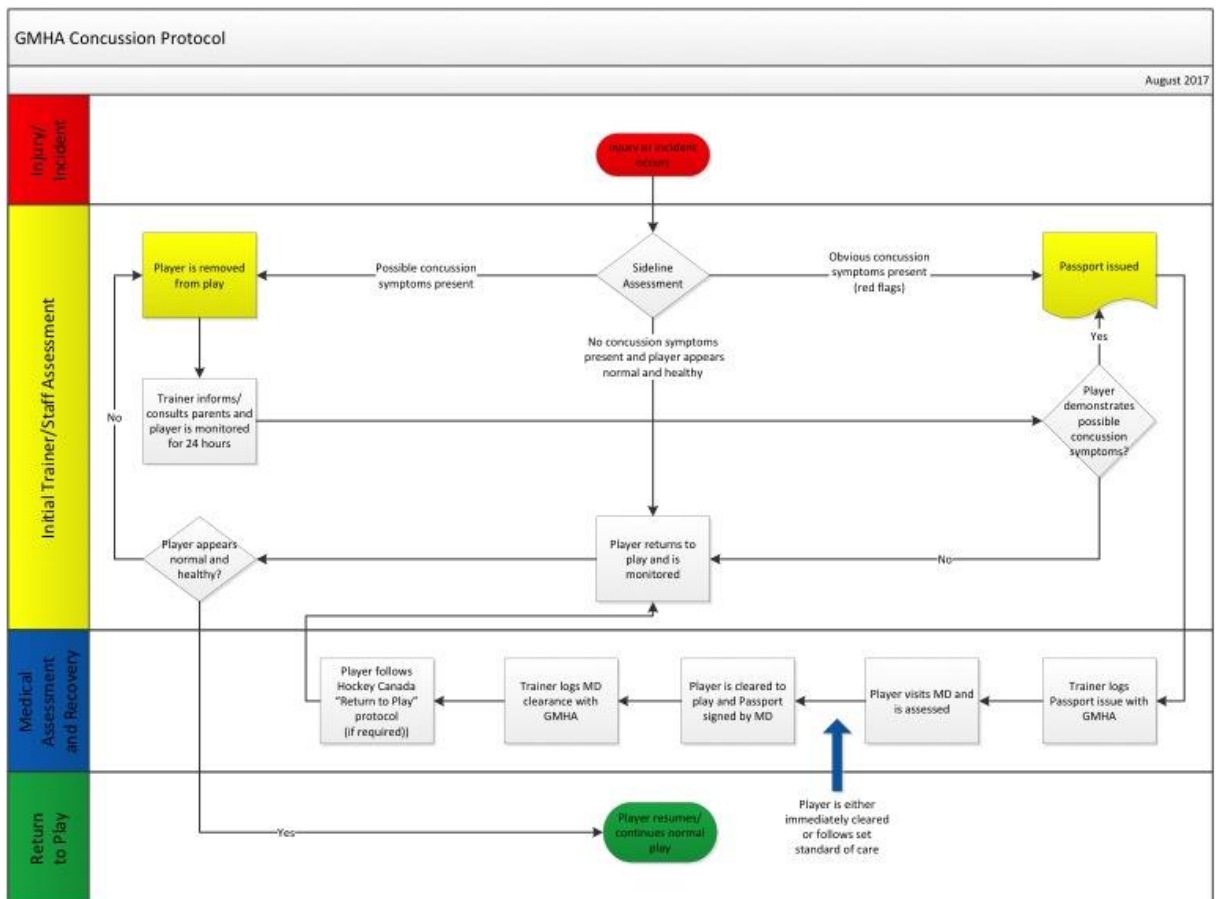
In Season

- If an injury occurs preform a sideline assessment, always update the parents on the outcome
- Once a passport is issued it needs to be uploaded on to GMHA portal, player is not allowed to return until cleared by an MD, this clearance also needs to be updated onto the portal.
- If no concussion is diagnosed, player resumes play, once player is diagnosed a concussion follow the 6 Step return to play protocols and use the form to track the progress and the steps taken.
- You should have all the resources to be given to an injured player



CONCUSSION PROTOCOL

The flow chart below has been created to help parents and players better understand how an incident that could involve a concussion is to be handled with GMHA. If followed, it will help ensure that injured players receive the treatment they require before returning to play and reinforce open communication between team staff, parents and community MDs.





GMHA Concussion Passport

Players Name: _____

Dear Physician,

Thank you for seeing our athlete. Your assessment is critical to the safe recovery of our players. GMHA has adopted a Return to Play Protocol for any athlete suspected of having a concussion.

This form is given to player/parents after ANY injury in which a concussion is suspected by the Trainer.

Once the passport is given to a player, they are not allowed back on the ice until they have been cleared of a concussion by a medical doctor

Physician Clearance

It is my opinion that medically, this player is able to return to play

Physician Name: _____

Date: _____

Signature: _____

Trainer is responsible to upload signed form into the GMHA Concussion Conclusion page.

Team: _____ **Trainer** _____



RETURN TO PLAY CHECKLIST

This form is to be completed after a diagnosed concussion. All steps need to be taken one day apart to ensure a safe return to play. Trainers keep this on file

Step 1

No Activity, complete rest. Once back to normal and cleared by MD proceed to step 2.

Date completed: _____

Step 2

Light aerobic exercise such as walking or stationary cycling for 10-15 minutes.

Date completed: _____

Step 3

Sport specific aerobic activity/skating for 20-30 minutes. NO CONTACT.

Date completed: _____

Step 4

On ice practice with pucks; shooting drills, passing drills. NO CONTACT

Date completed: _____

Step 5

On ice practice with contact

Date completed: _____

Step 6

Return to game play.

Date of return: _____