



CONCUSSION AWARENESS

2021

UPDATED: FEBRUARY 21, 2024

Concussion Laws became mandatory in Ontario in 2018. This document outlines concussion awareness and the MGHL's concussion management protocols.

All players must participate in the protocols outlined by the MGHL, including Baseline Testing and Return to Play.

Failure to do so may result in the player being removed from play until procedures are followed



Concussion Awareness & Actions

What Is It?

- A head impact by either a direct blow or indirect transmission of force can be associated with a serious and potentially fatal brain injury
- If there are significant concerns, including any of the red flags listed below, then activation of emergency procedures and transport to the nearest hospital should be arranged:
 - Neck pain or tenderness
 - Severe or increasing headache
 - Increasingly restless, agitated or combative
 - Weakness or tingling/ burning in arms or legs
 - Seizure or convulsion
 - Deteriorating conscious state
 - Double vision
 - Vomiting
 - Loss of consciousness

[Read more on the MGHL Website](#)



Concussion Awareness & Actions

What To Do

Evidence of 1 symptom means player must stop playing right away

- The player should not be left alone and should be seen by a doctor as soon as possible that day
- If a player is knocked out, call an ambulance to take them to a hospital immediately
- Do not move the player or remove athletic equipment like a helmet as there may also be a cervical spine injury; wait for paramedics to arrive
- **Trainer has final decision on Return to Play**

A player with a suspected concussion must not return to play that day, even if they report they are feeling better

- Problems caused by a head injury can get worse later that day or night (especially in children and adolescents) and can take up to 48 to 72 hours to show up
- Player cannot return to sports and begin the “6 step return to play” until they have been cleared by a Medical Professional

If no symptoms, use the facts of the situation to assess the situation (player to sit a shift or two, or remainder of the game, and reassess symptoms after adrenalin starts to wear off)



6 Step Return to Play Process

Return to Play applies to ALL injuries, not just concussions!

No.	Step Description
Step 1	No activity; complete mental / physical rest <ul style="list-style-type: none">● Proceed to Step 2 with Medical Professional's clearance
Step 2	Light aerobic exercise, such as walking or stationary cycling; monitor for symptoms and signs. (No resistance training or weight lifting such as dryland)
Step 3	Sport specific activities and training (e.g., light skating)
Step 4	Practice; drills without body contact / battles; may add light resistance training and progress to heavier weights (e.g., dryland, pucks, and heavier skating) <ul style="list-style-type: none">● The time needed to progress from non-contact to contact exercise will vary with the severity of the concussion / injury and the player
Step 5	Begin drills with body contact (e.g., Battle on Boards, etc.)
Step 6	Game play! (The earliest a concussed athlete should return to play is one - two weeks if it is a first concussion)

Note: Players should proceed through Return to Play Steps only when they do not experience symptoms or signs and a Medical Professional has given clearance

- Players should repeat the Post Injury Assessment on the EQ App regularly during each step. **Each step should be a minimum of at least 1 day, usually 2-3 days**
- If symptoms or signs return, the player should return to the previous step, and be re-evaluated by a physician



Other Resources

Hurricanes Trainer Mentor

- If you are uncertain or have questions before or during the season, please e-mail: Jennifer Nivins at curkyl211@bell.net

Websites

- Bill 193, Rowan's Law (Concussion Safety), 2018 - <https://www.ola.org/en/legislative-business/bills/parliament-41/session-2/bill-193>
- Hockey Canada Concussion Policy - <https://cdn.hockeycanada.ca/hockey-canada/Hockey-Programs/Safety/Concussion/Downloads/2017-hockey-canada-concussion-policy-e.pdf>