

HOCKEY CANADA CONCUSSION PROTOCOL SUMMARY



H O C K E Y C A N A D A

CONCUSSION PROTOCOL SUMMARY

Note: The purpose of this summary is to provide parents, athletes and others with an overview of **Hockey Canada's Concussion Protocol**. It is intended as a communication tool and does not replace the full protocol document.

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For the full **Hockey Canada Concussion Protocol**, please visit: [URL]

1. All players, parents/guardians, coaches, trainers and officials participating in **Hockey Canada** sanctioned activities are required to review the **Hockey Canada Pre-season Concussion Education Sheet** prior to the first practice (game for officials) of the season. In addition to reviewing information on concussion, it is also important that all participants have a clear understanding of **Hockey Canada Concussion Protocol**.
2. In the event that a player is suspected to have sustained a concussion or other head injury the following procedures must be followed:
 - a. If a severe head or neck (spine) injury is suspected, an ambulance should be called immediately to transfer the player to the nearest hospital for medical assessment.
 - b. If a player has signs or symptoms of a concussion, they must be removed from participation (including warm-up, practice and competition) immediately and be medically assessed as soon as possible.
 - c. If the player develops delayed concussion symptoms (e.g., in the evening after competition), they should be medically assessed as soon as possible by a medical doctor or nurse practitioner.
 - d. All players with a suspected concussion must provide a **Medical Assessment Letter** indicating whether or not they have been diagnosed with a concussion. Completed forms should be submitted to their coach or Safety Person.
3. If an athlete has been medically assessed and that assessment confirms the athlete does not have a concussion, they can return to full participation.
4. **If an athlete is diagnosed with a concussion**, they must follow the Hockey-Specific Return-to-Sport Strategy.
5. An athlete diagnosed with a concussion must provide a **Medical Clearance Letter** before returning to full practice and competition/gameplay.

For more information on concussion please visit:

- [Hockey Canada website – concussion protocol/resources page]
- Parachute – parachute.ca/concussion

HOCKEY CANADA CONCUSSION PATHWAY

1. PRE-SEASON EDUCATION

- Who: Players, parents/guardians, coaches, officials, trainers, Safety Person, licensed healthcare professionals
- Tool: Pre-Season Concussion Education Sheet

Impact to the head, face, neck or body

Head injury is suspected

2. HEAD INJURY RECOGNITION

- Who: Players, parents/guardians, coaches, officials, trainers, Safety Person, licensed healthcare professionals
- How: Concussion Recognition Tool 6

Is a more serious head or spine injury suspected?

YES

NO

Remove from play

Is a licensed healthcare professional present?

NO

YES

3A. EMERGENCY MEDICAL ASSESSMENT

- Who: Emergency medical personnel

3B. SIDELINE ASSESSMENT

- Who: Licensed healthcare professional
- How: SCAT6, Child SCAT6

4. MEDICAL ASSESSMENT

- Who: Medical doctor, nurse practitioner
- How: Medical Assessment Letter

Is a concussion suspected?

YES

NO

Was a concussion diagnosed?

YES

NO

5. CONCUSSION MANAGEMENT

- Who: Medical doctor, nurse practitioner, team licensed healthcare professional (if available)
- How: Return-to-School Strategy, Hockey-Specific Return-to-Sport Strategy

RETURN TO SPORT

Does the athlete have persisting symptoms?*

YES

NO

6. INTERDISCIPLINARY CONCUSSION CARE

- Who: Interdisciplinary medical team, medical doctor with clinical training and experience in concussion, licensed healthcare professionals

7. RETURN TO SPORT MEDICAL CLEARANCE

- Who: Medical doctor, nurse practitioner
- How: Medical Clearance Letter

*Persisting symptoms: lasting longer than four weeks



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