



LAKES AREA HOCKEY ASSOCIATION

Injury Management & Return to Play Policy 2025-2026 Season

The following provisions apply to participation in hockey programming with Lakes Area Hockey Association (“LAHA”), which includes the Boji Mammoths.

Statement of Purpose

The Lakes Area Hockey Association (LAHA) is committed to prioritizing the **safety, health, and well-being** of all players. While injuries are an unfortunate aspect of sports, LAHA is dedicated to implementing **consistent and responsible procedures** for injury reporting and managing a player's return to hockey activities. This policy applies to all **players, team staff, and parents/guardians** involved with LAHA.

Scope

This policy applies to all **participants aged 3–18** engaged in any **on-ice** or **off-ice** hockey activity under the supervision of LAHA.

Injury Reporting Procedures – Injuries Requiring Medical Attention

- If a player visits a **doctor** or **emergency facility** due to a hockey injury, they must be **removed from play**.
- The **parent/guardian** of the player must inform the **Head Coach**, and the **LAHA Hockey Director**.

Injuries Requiring Medical Attention Return-to-Play Protocol

- **Medical clearance** from a licensed healthcare provider is required if medical attention was sought.
- **Documentation** must be submitted to the player's **Head Coach** and the **LAHA Hockey Director**.
- When possible, the player should attend **one practice** before returning to games.

Minor Injuries NOT Requiring Medical Attention Return-to-Play Protocol

- Injuries that **do not require medical attention** may be managed by the player's **coaching staff** in coordination with the player's **parent/guardian**.

Recordkeeping & Documentation

- All injuries requiring medical attention must be recorded in the **LAHA Injury Log**.
- The incident must also be documented using the **MWAHA Injury Reporting Form**.
- **USA Hockey Return to Play Forms** must be kept on file and made available to the **LAHA Board** upon request.

Return to Play Authorization

- A **completed and signed USA Hockey Return to Play Form** from a **licensed healthcare provider** must be submitted by the **parent/guardian** to the **LAHA Hockey Director**.
- Acceptable providers (per **Iowa Code Section 280.13C**) include:
 - Physicians
 - Physician Assistants
 - Chiropractors
 - Advanced Registered Nurse Practitioners
 - Nurses
 - Physical Therapists
 - Licensed Athletic Trainers
- Only upon **verification of clearance** will the LAHA Hockey Director notify the coaching staff of the player's eligibility to return.

Non-Compliance & Safety Authority

- No player may participate without the required medical clearance.
- In cases of disagreement or uncertainty, **player safety takes precedence**. Final decisions rest with the **LAHA Hockey Director** or **LAHA Board President**.
- **Violations** of this policy may result in **disciplinary action**.