



Foothills Hockey Association FHA Concussion Awareness and Player Injury Policy

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ARTICLE I. OVERVIEW

Foothills Hockey Association (“FHA” or the “Association”) is committed to providing a safe and rewarding hockey experience for all participants. This Concussion Awareness and Player Injury Policy was established to address Association policies regarding player injuries.

ARTICLE II. CONCUSSION AWARENESS

FHA believes in the importance of being proactive and providing our membership with opportunities to raise awareness regarding head injuries.

Section 2.01 Concussion Baseline Testing

The Center for Disease Control and Prevention recommends that baseline testing be performed on at risk athletes that are 10 years of age or older, every two years. FHA, offers ImPACT concussion baseline testing as part of your membership for players age 10 and older.

Concussion Awareness resources including information on the CDC HEADS UP to Youth Sports program and ImPACT baseline testing are posted Concussion Awareness page on the Association website.

[Concussion Awareness](#)

Section 2.02 USA Hockey Concussion Management Protocol

The USA Hockey Concussion Management Protocol and Colorado state statutes require that an athlete be removed from any training, practice or game if they exhibit any signs, symptoms or behaviors consistent with a concussion or are suspected of sustaining a concussion. The player is restricted from return-to-play until a qualified medical professional has provided written clearance to return.

[USA Hockey Safety-Concussions](#)

Section 2.03 Coaching Requirements

Colorado law (C.R.S.A. §§25-43-101 to 25-43-103) requires that:

- (a) All coaches receive education/training on concussion awareness.
- (b) Athletes are to be removed from the field of play if a concussion is suspected.
- (c) Athletes must be cleared by a medical professional before they can return to play.

ARTICLE III. CONCUSSIONS/INJURIES TO THE HEAD

A player that has been removed from activity due to a suspected concussion may NOT return to play and must follow the process outlined below.

- (a) A member of the coaching staff should notify the player's parent/guardian, the Association Registrar, and the Hockey Director that an injury involving the head has occurred and that the player has been removed from play.
- (b) The player's parent/guardian may initiate an ImPACT post-injury test (if a baseline test was taken within the last 2 years). The parent/guardian may provide the baseline and the post injury test to their healthcare provider. Only qualified medical professionals may interpret the results of an ImPACT test.
- (c) Additional ImPACT post-injury tests may be initiated during the recovery process.
- (d) Once an athlete has recovered, the parent/guardian must provide the Association Registrar and Hockey Director with a USA Hockey Return to Play form signed by their health care provider.
- (e) The Association Registrar will notify the coaching staff that a player is cleared to return.

ARTICLE IV. OTHER INJURIES

For injuries not involving an injury to the head, the following procedures apply.

Section 4.01 Injuries Requiring Medical Attention

A player that has incurred an injury which requires visitation at a medical facility (either Emergency services or a Doctor's office) will be removed from activity and may NOT return to play until the following the process has been followed.

- (a) The player's parent/guardian must notify the coach, Hockey Director, and Registrar that the player's injury required medical attention.
- (b) The player's parent/guardian must provide the Association Registrar and Hockey Director with written documentation signed by their health care provider that includes the date on which the player may return to play. If the player may return to play under medical restrictions, the documentation must outline the restrictions and include the date in which the player may return to play with no restrictions.
- (c) The Association Registrar will notify the coaching staff that a player is cleared to return with or without restrictions.

Section 4.02 All Other Injuries

A player that has incurred an injury that does NOT require visitation at a medical facility may return to play at the discretion of the player's parent/guardian and coaching staff.