



Body Contact and Concussions

As we introduce body contact and checking in hockey, the risk of concussion can increase. It is important for coaches to try to prevent them. Recognizing the signs and symptoms of suspected concussions and acting appropriately is a coach's responsibility. Furthermore, the USA Hockey concussion policy for return to play must be adhered to. <https://www.usahockey.com/safety-concussions>

Prevention:

- Use of proper fitting equipment
 - Teaching proper checking techniques
 - Coaches should reinforce heads up drills at practices at least once a month.
- <https://www.usahockey.com/safety-concussions>

Recognize a concussion: (Most common signs and symptoms)

Hit to head or body	Vomiting
Holding head	Clumsiness
Slow to get up after a collision to head or body	Forgets plays
Athlete complaining of headache or dizziness	Memory issues
Athlete stating they don't feel right	Dazed/confusion

Remove from Play:

- 1.If this occurs the player is immediately removed from play and cannot return to the ice until seen by a medical professional. MD, PA, NP or athletic trainer.
- 2.Players can not be cleared by parents or family members. The MD can not be a vet, dentist, chiropractor or other MD that does not specialize in the pediatric population.
- 3.Return to play forms must be filled out by parent, coach and MD and kept on file with the team. All return to play forms are to be reported to the Player Safety Coordinator.

“WHEN IN DOUBT, SIT THEM OUT”!
IT'S NOT JUST A TAGLINE, IT'S AN OBLIGATION

