

Swansea Girls Hockey League

Concussion Policy

1. Policy Statement

Swansea Girls Hockey League (SGHL) is committed to player health and safety for its participants and mitigating concussion risks by implementing concussion prevention and awareness strategies, providing concussion awareness training, and implementing protocols for recognition and management of a suspected concussion and return to school and return to sport plans.

2. Scope

The SGHL Concussion Policy specifies the requirements for all players, parents/guardians, coaches, officials, board of directors and other volunteers of SGHL related to preventing, recognizing and managing concussions.

3. Concussion Awareness Strategies

SGHL is committed to promoting concussion awareness by:

- a) Implementing the SGHL Concussion Protocol (available on the SGHL website),
- b) Providing minimum mandatory concussion awareness training to players, parents/guardians, coaches, officials and other volunteers of SGHL, and,
- c) Providing additional concussion awareness resources in the SGHL Concussion Protocol.

4. Concussion Awareness Training

Mandatory concussion awareness training for participants of SGHL are as follows.

4.1 Concussion Awareness Training for Players

SGHL players shall complete the following concussion awareness training a minimum of once per year:

- a) Review the Parachute Smart Hockey Concussion Code of Conduct for Players (with the support of parent/guardian if required),
- b) Review the Parachute Smart Hockey Pre-Season Concussion Education Sheet (with support of parent/guardian if required), and,
- c) Watch the Ontario Government Concussion Awareness Resource Video specific to their age-group, available at the following link:

[Rowan's Law: Concussion Awareness Resources | ontario.ca](https://www.ontario.ca/rowans-law)

4.2 Concussion Awareness Training for Parents/Guardians

Parents/guardians of SGHL players shall complete the following concussion awareness training a minimum of once per year:

- a) Review, sign and submit the Parachute Smart Hockey Concussion Code of Conduct for Parents and Caregivers,
- b) Review, sign and submit the Parachute Smart Hockey Pre-Season Concussion Education Sheet,
- c) Review the SGHL Concussion Policy,
- d) Review the SGHL Concussion Protocol, and,
- e) Watch the Ontario Government Concussion Awareness Resource Video specific to their player's age-group, available at the following link, to satisfy requirements under Rowan's Law:

[Rowan's Law: Concussion Awareness Resources | ontario.ca](https://www.ontario.ca/rowans-law/concussion-awareness-resources)

4.2.1 Parent/Guardian Submissions to Team Coach

Parents/guardians shall attest to completion of the mandatory concussion awareness training of the SGHL Concussion Policy by their player and themselves by signing and submitting the following documents yearly to the SGHL team coach prior to the first practice or game of the season for each player:

- a) Parachute Smart Hockey Concussion Code of Conduct for Players,
- b) Parachute Smart Hockey Concussion Code of Conduct for Parents and Caregivers, and,
- c) Parachute Smart Hockey Pre-Season Concussion Education Sheet.

All forms are available at the following link:

[Smart Hockey – Parachute](#)

4.3 Concussion Awareness Training for Coaches, Officials and Other Volunteers

SGHL coaches, officials and other volunteers, except volunteers who do not work directly with players, shall complete the following concussion awareness training a minimum of once per year:

- a) Review, sign and submit the Parachute Smart Hockey Concussion Code of Conduct for Coaches, Team Trainers and Safety Personnel,
- b) Review the SGHL Concussion Policy,
- c) Review the SGHL Concussion Protocol,
- d) Complete SGHL Coaches Concussion Awareness Training (provided by SGHL), and,
- e) Review one Ontario Government Concussion Awareness Resource available at the following link, to satisfy requirements under Rowan's Law:

[Rowan's Law: Concussion Awareness Resources | ontario.ca](https://www.ontario.ca/rowans-law/concussion-awareness-resources)

Coaches, officials and other volunteers shall attest to completion of the mandatory concussion awareness training of the SGHL Concussion Policy by signing and submitting Parachute Smart Hockey Concussion Code of Conduct for Coaches, Team Trainer and Safety Personnel, prior to the start of each hockey season. Forms shall be submitted yearly to the SGHL board of directors prior to the first practice or game of the season.

All training requirements of this policy are required to be completed annually regardless of whether the training or similar training has been completed for roles at other organizations.

5. Concussion Prevention and Mitigation Strategies

5.1 Concussion Prevention and Mitigation Strategies for Players

SGHL players shall comply with the following concussion prevention and mitigation strategies:

- a) Complete mandatory concussion awareness training for players,
- b) Wear a CSA-certified helmet, with cage, when participating in any SGHL on-ice activities, including games, practices, and leisure skating, and,
- c) Abide by the Parachute Smart Hockey Concussion Code of Conduct for Players at all times on the ice and in the change rooms.

5.2 Concussion Prevention and Mitigation Strategies for Parents/Guardians

Parents/guardians of SGHL players shall comply with the following concussion prevention and mitigation strategies:

- a) Complete mandatory concussion awareness training for parents/guardians,
- b) Ensure their player wears a CSA-approved helmet, with cage, that is not damaged, when participating in any SGHL on-ice activities, including games, practices, and leisure skating,
- c) Abide by the Parachute Smart Hockey Concussion Code of Conduct for Parents and Caregivers at all times at SGHL games, practices and other events,
- d) Promptly report any player concussion or suspected concussion sustained at a SGHL event or elsewhere, to the SGHL Director of Health and Safety, and,
- e) Follow the SGHL Concussion Policy and the SGHL Concussion Protocol for player concussion or suspected concussion.

5.3 Concussion Prevention and Mitigation Strategies for Coaches, Officials and Other Volunteers

SGHL coaches, officials and other volunteers, except volunteers who do not work directly with players, shall comply with the following concussion prevention and mitigation strategies:

- a) Complete mandatory concussion awareness training for coaches,
- b) Ensure all players wear a CSA-approved helmet, with cage, that is not damaged, when participating in any SGHL on-ice activities, including games, practices, and leisure skating,
- c) Abide by the Parachute Smart Hockey Concussion Code of Conduct for Coaches, Team Trainer and Safety Personnel at all times at SGHL games, practices and other events,
- d) Promptly report any player concussion or suspected concussion, sustained at a SGHL event or elsewhere, to the SGHL Director of Health and Safety, and,
- e) Follow the SGHL Concussion Protocol for player concussion or suspected concussion.

5.4 Concussion Code of Conduct

All SGHL players, parents/guardians, coaches and other volunteers, except volunteers who do not work directly with players, shall review and follow their respective Parachute Safe Hockey Concussion Code of Conduct, listed above, available at Parachute Smart Hockey:

[Smart Hockey – Parachute](#)

6. Recognition of Suspected Concussion

The SGHL Concussion Protocol shall be followed to recognize potential concussions and other head injuries.

7. Removal-From-Play

In all cases of suspected concussion, removal-from-play shall follow the SGHL Concussion Protocol. The coach shall be responsible for removing the player from play according to the SGHL Concussion Protocol. The coach shall be responsible for completing the SGHL Suspected Concussion Reporting Form according to the SGHL Concussion Protocol.

8. Return-to-School Plan

For suspected or confirmed player concussions, the return to school plan shall follow the SGHL Concussion Protocol.

9. Return-to-Sport Plan

For suspected or confirmed player concussions, the return to sport plan shall follow the SGHL Concussion Protocol.

10. Concussion Tracking

SGHL will collect and maintain data regarding suspected concussions and diagnosed concussions. Data reporting will not contain personal information. Data collection will be used to assess and update the SGHL Concussion Policy, as required.

11. Policy Review

The SGHL board of directors shall review, update (as required) and approve the SGHL Concussion Policy annually and prior to the start of the hockey season in September of each year.

Authored By:	Katie Mah
Approved By:	SGHL Board of Directors
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