

Removal from Sport Protocol:

This protocol is intended for use by participants and all individuals who interact with participants in OWBHL organized ball hockey activities, including parents, coaches, officials, trainers and administrators.

If an individual believes that, following a blow to the head, face or neck, or a blow to the body that transmits a force to the head, a participant may have suffered a concussion, the individual needs to take immediate action.

1. Remove the participant from play immediately.
2. Check the participant for common signs and symptoms of a concussion (see OBHA Concussion Policy/Rowan's Law for checklist of common signs and symptoms of a concussion).
3. If any signs or symptoms of a concussion are observed, the participant should be treated as having a concussion and be removed from the game. The participant's coach should be informed.
4. Call the parent or guardian to pick up the participant and advise them that they should take the participant to a medical professional immediately.
5. Remain with the participant until discharged to a parent, guardian, other trusted adult or emergency medical service professional. The participant should not be left alone.
6. Monitor and document any physical, emotional and/or cognitive change(s).
7. ***If in doubt ...sit them out!*** ROWAN'S LAW SAYS: HIT, STOP, SIT
8. If no signs are evident, the participant may resume play. However, continue to monitor the player every 10-15 minutes for the appearance of gradual/late symptoms.
9. It is advisable to inform the participant's parent or guardian of the incident in order to ensure monitoring for any late symptoms.
10. Report the incident to the OWBHL President.

If the participant exhibits any of the following signs...

- | | |
|---|---|
| <ul style="list-style-type: none">○ Unconsciousness○ Suffering from neck pain or tenderness○ Double Vision○ Weakness or tingling/burning in arms or legs○ Severe or increasing headache | <ul style="list-style-type: none">○ Seizure or convulsion○ Deteriorating conscious state○ Vomiting○ Increasingly restless, agitated or combative |
|---|---|
- a. **Initiate emergency action plan and call 911 for an AMBULANCE.**
 - b. If necessary contact the participant's parent(s), guardian(s) or next of kin to inform them of the injury and that the individual is being transported to the hospital.
 - c. Stay with the participant until EMS arrive.
 - d. Monitor and document any physical, emotional, and /or cognitive changes.
 - e. Assume there is also a possible head and /or neck injury and **only if trained** immobilize the individual before EMS arrives. **If untrained do not attempt to** help the individual unless a critical situation occurs.
 - f. Do not remove athletic equipment (e.g. helmets, etc) unless there is an impairment to breathing.
 - g. **As a result of the loss of consciousness, medical clearance must be provided in order for the participant to resume activity at any level within the OWBHL or OBHA.**
 - h. When safe to do so, the incident should be reported to the OWBHL President.

Responsibility of Coach, Administrator and/or Supervisor

If a participant has been identified as having a suspected concussion, it is the responsibility of coach, administrator and/or supervisor of that activity to notify all affected parties including the participant, a parent/guardian (when appropriate) as well as other coaches, administrators and/or supervisors of the suspected concussion. The coach, administrator and/or supervisor is also required to, when safe to do so, notify the OWBHL President of any suspected concussions.

Once a participant has been suspected of a concussion, they should not participate in any physical activity until they have been cleared to do so by a medical doctor or nurse practitioner, and confirmation of eligibility to continue participation in OWBHL organized ball hockey has been received from the OWBHL President.

Responsibility of OWBHL President

If a participant has been identified as having a suspected concussion, it is the OWBHL President shall determine when a participant can be permitted to return to OWBHL organized ball hockey activities. The participant shall confirm that they have completed the *Return to Sport Protocol*, and provide a confirmation from a medical doctor or nurse practitioner that they have been cleared to return to play.

MEDICAL EXAMINATION:

Following examination by a **medical doctor or nurse practitioner** and prior to the individual returning to physical activity, the OWBHL President must be provided with medical clearance to do so.

If **No Concussion** is **diagnosed**: the participant may return to physical activities or

If a **Concussion** is **diagnosed**: the medically supervised recovery plan is essential, participant will only be able to return to the activity with full medical clearance.