



Saugen Shores Minor Hockey Association Concussion Policy 2019 Pre-Concussion Testing and Return to Sport

Saugen Shores Minor Hockey Association is committed to the long-term health and safety of our players. In recent years, the understanding of the challenges of concussion has increased. We are responding by taking the following steps to help protect our players:

1. Mandatory Concussion Seminar for Coaches and Trainers
 - a. September 30th, 7 pm, Rotary Room at the Plex, conducted by Brock McDonald, MPT MPCA
2. Requirement that all players and parents familiarize themselves with Concussion signs and symptoms and sign the **SSMHA Concussion Code of Conduct** prior to going on the ice. This is in keeping with Rowan's Law which was enacted on July 1 2019. Coaches and Bench Staff are required to complete a similar **SSMHA Concussion Code of Conduct for Bench Staff**.
3. Recommended education for parents and players
 - a. Watch parachute Canada video
<http://horizon.parachutecanada.org/en/article/educational-video-smart-hockey/>
 - b. Watch Dr Mike Evans 'Concussion 101'
<https://www.reframehealthlab.com/concussion-management/>
4. Implementing strict adherence to the Hockey Canada Concussion Policy (see back)
5. Providing the Hockey Canada Concussion Card / Concussion Education and Awareness Program to all coaches and trainers in the trainers box to assist in concussion recognition on the ice and bench
6. Recommending the 6-Step Return to Play (attached)
7. Insistence on completion of Concussion Follow-Up and Communication Form (attached) prior to return to competitive play
8. We are strongly recommending that all Bantam and Midget players receive pre-season pre-concussion baseline testing. This will become a requirement for the 2018-2019 season.

Pre-Season Pre-Concussion Baseline Testing

We are **require all Bantam and Midget players** to receive pre-season pre-concussion baseline testing through Brock McDonald at Bruce County Chiropractic and Rehabilitation Center. Brock has extended training in concussion diagnosis and management. <https://brucecountychiropracticclinic.com/services/concussion-management-and-baseline-testing/>

- 216 Goderich St Port Elgin, 519-832-6688.

- He uses a standardized and validated tool called 'Impact'. <https://impacttest.com>

- There will be several afternoon and evening sessions in late August and early September for this purpose.

- This testing has a charge of \$50 and can be reimbursed by most extended health benefits.

- For those families without extended health benefits, please contact the SSMHA for help as we have sponsorship monies specifically for this purpose.

Post-Concussion Testing

- Players suspected of concussion should be seen by a physician or health care practitioner trained in concussion diagnosis and management as soon as possible after injury. Brock McDonald and colleagues will see players within two business days for follow-up testing.