



## **GCMHA Concussion Policy**

### **Introduction**

GCMHA has done extensive research to find the best program to manage concussions that are incurred by its players. We have determined, with the help of many professionals and the OMHA that baseline testing only is not an effective way to manage injuries to the head. GCMHA has partnered with Niagara Health and Rehabilitation Centre to go beyond traditional baseline testing and provide GCMHA players with a proper concussion treatment system.

NHRC is certified by CCMI (Complete Concussion Management Institute) who are the leaders in compiling up-to-date research on the ever-changing information on concussions. Please visit their site <https://completeconcussions.com/>.

### **Responsibility**

According to recent legislation, all sports where contact is inevitable are strongly recommended to provide a) information on concussions and b) a concussion policy that goes beyond baseline testing.

ALL players above Pee wee must choose either option below and register with NHRC or complete the required documents.

### **GCMHA has the following two options for parents' options:**

#### **OPTION #1: NHRC Concussion Management Program (STRONGLY RECOMMENDED)**

- Managed completely at the clinic
- Includes baseline testing
- Covered by most health care benefit packages
- Reimburse for initial cost by GCMHA if not covered (up to \$45)
- NHRC provides National and US connections to diagnose concussions via CCMI network (ie away games/ tournaments)
- Return to Play is signed off by NHRC

#### **Option #2: Parental Responsibility of Concussion Care**

- Process is monitored by parent WITH health care professional
- Must follow steps outlined in package (ie Steps 1-10) and signed by parent and Health care professional (ie Doctor)
- Informed Refusal document must be signed by parent(s)
- Return to play is signed off by Health Care Professional (ie family doctor)
- No reimbursements from GCMHA for any costs incurred in this option.

**ANY PLAYER SUSPECTED OF SUSTAINING A CONCUSSION MUST BE CLEARED TO PLAY BEFORE RETURNING TO THE ICE WITH THEIR TEAM. ALL RETURN TO PLAY DOCUMENTS MUST BE KEPT ON FILE WITH GCMHA**