

Hockey Alberta's Concussion Initiatives



Foundation

- **A safe and fun environment for our participants**
- **Support our members**
- **Embed safety in our member's culture**



Initiatives

- **Hockey Canada Policy**
- **Hockey Alberta's Concussion Website**
- **Hockey Alberta's Concussion Presentation**
- **Local Association Safety Leader**



Hockey Canada Policy

- The foundation of our program
- It is the “stick” - the black and white
- Strengthened to include concussion like symptoms



Hockey Alberta Website

- Numerous resources available
- One stop shop
- Tailored to the end user
- Continuously creating awareness



Hockey Alberta Website

Concussions

Hockey Canada and Hockey Alberta are dedicated to ensuring a safe and fun environment for all participants.

An important aspect of injury prevention is addressing concussions in sport and providing the information required in:

- **PREVENTION:** Ultimately, we want to prevent concussions from occurring. That starts with respecting the safety and well-being of everyone sharing the ice with us, and includes wearing proper equipment, and eliminating dangerous hits.
- **RECOGNITION:** What are the signs and symptoms of a concussion? Knowledge is key so we can observe and recognize a possible concussion, and get the person to medical attention.
- **RESPONSIBLE RETURN TO PLAY:** Everyone wants to get back on the ice as soon as possible. With a concussion, there is a gradual, six-step process that must be followed, which includes observing and recognizing if symptoms return.

Hockey Canada has worked with various organizations, including Parachute Canada, to develop standardized information regarding the prevention, identification, and management of concussions and suspected concussions. Understanding what a concussion is, its causes and symptoms, what must be done when a concussion is suspected, and how to properly recover from a concussion will allow our participants to enjoy hockey for life even if a concussion has occurred.

Hockey Alberta and Hockey Canada recognizes the increased awareness of concussions and their potential long-term effects. As a result, Hockey Canada has updated its Concussion Policy, and developed new tools and resources to help everyone BE CONCUSSION SMART!

HOCKEY ALBERTA POLICY:

As per Hockey Canada Policy if a participant is suspected of having a concussion, the following steps MUST occur:

- The participant is immediately removed from play, regardless if the concussion occurs on or off the ice and s/he is not permitted to return to play that day. If there are doubts, assume that a concussion has occurred.
- The participant is referred to a physician for diagnosis as soon as possible.
- If a participant is diagnosed with "concussion-like symptoms" or a concussion, the participant is not permitted to return to play or practice/training until all of the return to play requirements are met.

Written clearance from a physician is required as outlined in the return to play strategy prior to returning to activity. A copy of this documentation is maintained as per Member/Minor Hockey Association policy and procedures.

[The Facts](#)[Resources](#)[Prevention](#)[Recognize and Remove](#)[Return to Play](#)

Berlin Consensus:

A consensus statement developed by the leading experts of concussions in sport that serves as the guiding principle for the development of the best practice in concussion prevention, diagnosis, and management.

[BERLIN CONSENSUS >](#)

Parachute Canada:

A national leader in injury prevention and management has created many of the generally accepted best practice resources for the management of concussions from the perspectives of the athletes, coaches, parents, and educators.

[CONCUSSION GUIDELINES >](#)[PARENT TIP SHEET >](#)[GUIDELINES FOR PARENTS/CAREGIVERS >](#)[GUIDELINES FOR ATHLETES >](#)

Canadian Centre for Ethics in Sports:

A national organization focusing on a values-based and principles-driven sport system has developed concussion resources for coaches, organizations, parents, and athletes to help educate, develop, implement, and monitor concussions, concussion recovery, and concussion management programs.

[CANADIAN CENTRE FOR ETHICS IN SPORTS >](#)

Coaching Association of Canada

The standard for coaching in Canada through the National Coach Certification Program, the Coaching Association of Canada has also developed resources on concussions - including their award-winning online learning module "Making Headway".

[CONCUSSION AWARENESS RESOURCES >](#)


Concussion Presentation

- Idea came from stakeholder feedback
- Partnered with industry experts to develop
- Designed to allow for audience engagement
- More focus and depth



Concussion Presentation

Incidental



LEADING OUR LEADERS

Slides 8 to 11

- Do it to the head
- Whiplash
- Open hit
- Do it to the head
- Do it to the head

Key messages to communicate

- As shown, any hit can cause a concussion, not just a direct, illegal hit to the head
- The motion of the body can cause a concussion, such as a hard hit to the chest that stops the body, but the head and brain continue to move
- If you hear neck pain, you should think concussion as the cause of neck pain such as a whiplash can produce the action needed for a concussion
- If you see some sort of collision involving a player, you should keep an eye out for concussion signs and symptoms

Do not get into a debate on the hits, videos are to show how a concussion occurs

Show videos a couple of times if needed and to let the participants absorb

Videos 1 and 2 do not have sound while 3 and 4 do have sound, it is your choice if you would like to play them with sound

Video 1 – Highlight the sudden stop of the body

Video 2 – Highlight the head movement on both the initial contact as well as the contact with the glass

Video 3 – Highlight the head movement, stopping of the body, and the head hitting the ice

Video 4 – Highlight the direct blows to the head and face

Partners

The following are active participants in the recovery from a concussion

- Health care providers
- Parents/guardians
- Teachers
- Coaches
- Safety people
- Teammates
- The player

LEADING OUR LEADERS

Slide 32

Key messages to communicate

- All of the following people play a role in the recovery from a concussion
 - Develop an appropriate return to play plan with your health care provider(s)
 - Parents need to support the recognition, removal, and recovery from a concussion or concussion like symptoms
 - Teachers should be made aware of the injury to be able to provide in school support in the player's recovery
 - Coaches are responsible to ensure the safety of the participants and therefore need to communicate the principles of respect to ensure concussions are prevented, recognize if symptoms are present, support the removal and recovery of the player
 - Safety people need to recognize the signs and symptoms of a concussion, be empowered to remove a player should need be, and manage the hockey component of the player's return
 - Teammates who recognize when their teammate has suffered an injury and provide their support through their teammate's recovery
 - The player recognizing when something is not right, tell someone about what they are feeling, and should he or she have suffered a concussion or concussion like symptoms, having patience and allow for the proper recovery process



Safety Leader Role

- A champion for safety in the association
- Provide support and leadership to those at the team level
- Help distribute messaging and resources
- Ensures initiatives are supported at the local level



Why We Do It

