

# MK STORM JUNIOR ICE HOCKEY CLUB CONCUSSION POLICY

Any player with a suspected concussion must be removed from play/training **immediately**. We advise seeking medical advice/attention.

All players must follow the Graduated Return to Play. Should you wish your child to return sooner, we will require a letter from a doctor.

A concussion is a mild form of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head. Concussions can also occur from a fall or a blow to the body that causes the head to move rapidly back and forth.

There will be no negotiation on the matters of diagnosed or suspected concussion. We have a duty of care to every player.

## Graduated return to play (G RTP)

Rehab-stage	Exercise at each stage of rehabilitation	Objective at each stage	under-19s
<b>1: Rest</b>	None—complete physical rest without symptoms	Rest and recovery	14 days
<b>2: Light aerobic exercise</b>	Walking, swimming, no resistance training	Increase heart rate	2 days
<b>3: Sports specific exercise</b>	Running drills—no impact activities	Add movement	2 days
<b>4: Non-contact training skills</b>	Progression to more complex training drills—may start progressive resistance training	Exercise, coordination, and mental load	2 days
<b>5: Full contact practice</b>	May participate in normal training activities	Restore confidence and assess functional skills by staff	2 days
<b>6: After 24 hours return to play</b>	Player rehabilitated	Recovered	1 day (23 days total)

\*Should the young person have a relapse of symptoms or receive a secondary knock to the head, they must return to rehab-stage 1 and see a medical professional.