

## **1.12 CONCUSSION PREVENTION AND MANAGEMENT POLICY**

### **POLICY STATEMENTS**

1. As a member of Ringette Canada, Ringette BC is required to implement the Concussion Prevention and Management Policy that Ringette Canada has implemented – [CLICK HERE](#)
2. Our new Concussion Prevention and Management Policy will also include previous aspects from our previous 1.12 Concussion Intervention Policy.
3. Ringette BC adheres to the NCCP Making Headway in Sport training protocol.
4. Ringette BC recognizes that participation in the sport of Ringette bears some inherent risk of head injury and concussion. Ringette BC is fully committed to maintaining the health, wellbeing, and safety of its participants and recognizes that short-and long-term consequences of concussion pose a significant public health issue. Safety is a top priority for those participating in the sport of Ringette.

### **OBJECTIVE, PURPOSE AND SCOPE**

5. The purpose of this Policy is to create a safe and positive Ringette environment through education and training, to make Ringette BC Members and Participants aware of evidence-based resources to assist in recognizing and managing a concussion injury.
6. This Policy applies at all times wherever a Ringette BC activity takes place, including Ringette BC Club Associations or affiliated association/club workplaces and includes all events and activities sanctioned by Ringette BC. This Policy document focuses primarily on Prevention and Surveillance of concussions, and supplements the Concussion Protocol, which covers the areas of Awareness (education), Detection (recognition), and Management.
7. This Policy applies to Ringette Canada, its Members, and Participants.

### **ADHERENCE**

8. Ringette BC expects all Club Associations to:
  - a. be dedicated to reducing incidence of concussions and their impact through commitment to education and enforcement of the rules. See supporting documents below.
  - b. ensure adherence to the [Ringette Canada Concussion Protocol](#) (the “Concussion Protocol”)
  - c. direct all team coaches, trainers, safety personnel, and staff to adhere to Ringette Canada’s Ringette-specific Return to Sport strategies and Return-to-School (if applicable) as a minimum standard in managing concussion injuries.
  - d. determine appropriate discipline for any club, team or individual who knowingly disregards their responsibility of requiring a Medical Clearance Letter permitting an athlete to return to sport following a concussion.

### **CONCUSSION PREVENTION**

9. The incidence of concussions can be mitigated by the proper implementation of prevention strategies. Ringette BC encourages the prevention of concussions using sound education programs and enforcement of the rules of the game.

Prevention strategies include, but are not limited to:

- Ensuring Ringette Canada’s I-CARE Values and True Sport fair play and respect principles are a cornerstone in our educational programming and carried out in all levels of training.
- Ensuring penalties for intentional contact and/or head contact are called in the game.
- Ensuring penalties for contact from behind are enforced.
- Education of all participants on prevention and recognition of head injuries.
- Responsible concussion management and return to play.
- Ensuring that equipment fits well, is in good condition, is stored properly, and is replaced according to manufacturers’ instructions.
- Ensuring fair play and respect for opponents are ethical values that are instilled in all sport, recreation and physical activities carried out by the organization.

### **CONCUSSION AWARENESS & EDUCATION**

10. Ringette BC recognizes the increased awareness of concussion. Ringette BC will make concussion resources available to all members, including this Policy and the Concussion Protocol.
11. As per the [Team Leadership Qualifications Policy](#), bench staff must complete the NCCP Making Headway in Sport Training by November 1<sup>st</sup> of each playing season. It is the responsibility of the Association to ensure that this qualification is complete by November 1<sup>st</sup> of each playing season.

### **CONCUSSION DETECTION AND MANAGEMENT**

12. [The Concussion Protocol](#) will be implemented at all Ringette BC sanctioned activities and events in case of a suspected or diagnosed concussion.
13. Any coach found to have permitted a player to, or parent found to have encouraged their child to, continue with Ringette activities after that player is concussed will be subject to disciplinary procedures that may include suspension from participation in Ringette BC events.

### **CONCUSSION SURVEILLANCE**

14. Ringette BC, and its Members, will determine appropriate methods to collect and maintain data regarding suspected concussions, concussion diagnosis, and return to play. Data will be reported in an aggregated format without personal identification of any individuals.
15. Data collected will be used to monitor changes in injuries over time, inform prevention strategies and assess the impact of Ringette BC’s Concussion Policy and Concussion Protocol.

**Supporting documents and links related to this policy:**

[Concussion Protocol](#)

[Concussion Communication Tool](#)

[Return to School / Return to Sport](#)

[Concussion Pathway](#)

[Medical Assessment Letter](#)

[Medical Clearance Letter](#)

[Athletes, Parents, Guardians](#)

[Team Staff](#)

[Officials](#)