



ANCASTER MINOR HOCKEY LEAGUE

Head Injury Passport

Player _____ Contact: trainer@ancasterminorhockey.com

Team _____

Date _____

Initial Signs and Symptoms _____

First Contact with Physician _____

Concussion: Yes _____ No _____ Number of previous Concussions _____

Recommendations _____

Initial Clearance to Return to Activity Note Obtained from M.D.: _____

Allied Health Professional _____

Appointment Date and Treatment Plan _____

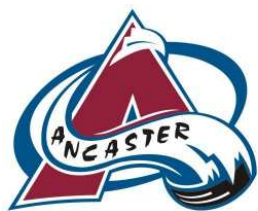
Allied Health Professional _____

Appointment Date and Treatment Plan _____

Hockey Canada Return to Play Steps Completion Dates:

	Initial	Second	Third
Step 1	1	1	1
Step 2	1	1	1
Step 3	1	1	1
Step 4	1	1	1
Step 5	1	1	1
Step 6	1	1	1

Step 4 Mandatory Reassessment Medical Clearance Note Obtained _____



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Physician _____ Date _____

Physician _____ Date _____

Physician _____ Date _____

Hockey Canada Return to Play Protocol

Step 1: No activity, only complete rest. Proceed to step 2 only when symptoms are gone.

Step 2: Light aerobic exercise, such as walking or stationary cycling. Monitor for symptoms and signs. No resistance training or weight lifting.

Step 3: Sport specific activities and training (e.g. skating).

Step 4: Drills without body contact. May add light resistance training and progress to heavier weights. The time needed to progress from non-contact to contact exercise will vary with the severity of the concussion and the player. Go to step 5 after medical clearance (reassessment and note to be submitted to your team's staff or your governing body as per Branch policy).

Step 5: Begin drills with body contact.

Step 6: Game play.

Each step should take at least one day

If symptoms or signs return, the player should return to the previous step, and be reevaluated by a physician.

It is important to seek medical advice immediately after a high impact hit to the head or body. Often, concussions can go untreated (and even unnoticed by others) because symptoms are often invisible to casual observers. Many times, the symptoms of a concussion may not be identified until the person recovers to the point where increased exertion causes symptoms to worsen.

Although symptoms may not be immediately apparent, it is important to be aware of possible physical, cognitive and emotional changes. Symptoms may actually worsen throughout the day of the injury or even the next day. Without proper management, a concussion can result in permanent problems and seriously affect one's quality of life.

Because a concussion affects the function of the brain, and can result in symptoms such as memory loss or amnesia, it is important that others be aware of the signs and symptoms of concussions in order to help identify the injury in others. Individuals should be removed immediately from the current activity (including sports, work and school), should not drive and seek medical attention immediately. Copyright Parachute 2013