

## **RESTON RAIDERS HOCKEY CLUB – SAFETY PROGRAM OVERVIEW**

Effective September 2012 (amended February 2019)

### **HEAD INJURIES**

The Raiders follow the 2017 USA Hockey Concussion Management Program,<sup>1</sup> the program contains the following instructions for players with any symptoms or signs of concussion, disorientation, impaired memory, concentration, balance or recall:

- Remove immediately from play (training, practice or game)
- Inform the coach / player's parents
- Refer the athlete to a qualified health-care professional
  - Initial treatment requires physical and cognitive rest
  - The athlete begins a graded exertion and schoolwork protocol
- Medical clearance is required for return to play

### **WHEN IN DOUBT, SIT THEM OUT**

The Reston Raiders supplements the USA Hockey Program, as follows:

- Injury Liaison (“IL”) for each team -- assists coaches in detecting and assessing potential concussions. ILs are parent volunteers.
- Use of KingDevick test and CDC concussion checklists by coaches and ILs to look for concussion signs/symptoms, which are utilized in locations appropriate to the situation.
- Certified athletic trainer made available to assist players who have shown signs/symptoms of concussion during or after a Raiders activity
- ImPACT baselines offered to all players (age appropriate)
- Concussion information and resources available at Safety Info tab of Raiders website
- Concussion education events

Parents/guardians must understand that assessments of injured players by Raiders coaches, IL's or other parents using CDC checklists or KingDevick test are not the equivalent of a medical diagnosis. Rather, these tools are used only to determine if a player should be pulled from the ice and taken by his/her parents for a thorough medical evaluation. If a player is pulled off the ice for a suspected concussion, it is the responsibility of the parent/guardian to get proper medical evaluation of the player and to obtain medical clearance to return that player to the game. In addition, parents/guardians should always be on the lookout for signs/symptoms of concussion in their own child throughout the season, regardless of whether their player was pulled from the ice. Symptoms of concussion are hard to detect and can develop over time. Parents/guardians must not rely solely on sideline evaluations of their child during a practice or game. Parents/guardians should also familiarize themselves with proper home and school care for children with concussions.

---

<sup>1</sup> Similar guidelines are required for student-athletes in the Virginia Board of Education Guidelines for Policies on Concussions in Student-Athletes (January 13, 2011).

### **ALL OTHER INJURIES**

## **RRHC Injury Return Policy**

Any player returning from an injury may do so at the discretion of his/her parents. Upon a return from the injury a player must be able to fully participate in all activities including any physical contact. Under no circumstance should a player be on the ice in a condition less than being able to fully participate. Coaches will be required to adhere to this policy. Approved 12-13-10 RRHC BOD

Coaches are directed to remove players from participation in practice/games if in their opinion there is any concern that the player has been injured, until such time that the player is able to see a medical professional and receive a clean bill of health to participate in full contact play. *"When in doubt, sit them out."*