

# Champlin Park Youth Hockey Association Concussion Protocol

Champlin Park Youth Hockey association is committed to the safety of all players. We are committed to the seriousness of concussions and the protection of our players. Our goal is to provide education regarding signs and symptoms of a concussion and follow the action plan for a suspected concussion. The association will follow the MN law that mandates a youth exhibiting any signs or symptoms of a concussion be removed from play immediately. The athlete must be evaluated by and given written permission from a health care professional in order to return to play.

## Coaches Training and Education

- Coaches will take training course as offered through MN hockey or Center for Disease Control
- Coaches will be able to properly recognize signs and symptoms of a concussion.
- Have knowledge of association protocol and follow action plan for suspected concussion

## Action Plan for Suspected Concussion

1. **Remove the athlete from play.**  
When you suspect a player has a concussion, remove athlete from play, assess for signs and symptoms of a concussion. Keep him or her supervised if symptoms present. When in doubt, keep the athlete out of play.
2. **Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.** Inform them of signs and symptoms the player is experiencing.
3. **Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion.**  
Do not try to judge the severity of the injury yourself.
4. **Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says they are symptom-free and it's OK to return to play.**  
Physician Return to Play Permission is available on website. Forms needs to be completed and returned to coach and concussion manger prior to returning to play.