

**MINNESOTA HOCKEY CONCUSSION REPORTING
AND MEDICAL CLEARANCE TO RETURN TO PLAY FORM**

Minnesota statute §121A.37 requires that a youth athlete must be removed from physical participation in an athletic activity if they exhibit any signs, symptoms or behaviors consistent with a concussion or is suspected of sustaining a concussion and shall not return to physical activity until he or she no longer exhibits the signs, symptoms or behaviors consistent with a concussion and has been evaluated by a provider trained and experienced in managing concussions and has provided written clearance to participate in the athletic activity. **This form is to be used after an athlete has been removed from an athletic activity due to a concussion or concussion symptoms.**

Player Name: _____ DOB: ____/____/____

District: _____ Name of person reporting: _____

Association and Team: _____ Date of Injury: ____/____/____

Location of injury/arena: _____

Nature, extent of injuries, and symptoms: _____

Date athlete no longer exhibited symptoms: ____/____/____

Print Health Professional Name: _____ Title: _____

Name of Clinic of Health Professional: _____ License number: _____

Note: An "Appropriate health professional" means a health professional who is licensed, registered, certified or otherwise authorized to provide medical treatment, trained and experienced in evaluating and managing pediatric concussions, and practicing within that person's medical training and scope of practice.

Address: _____ Phone Number: _____

I HEREBY AUTHORIZE THE ABOVE NAMED ATHLETE TO RETURN TO ATHLETIC ACTIVITY FOR FULL PARTICIPATION WITHOUT RESTRICTION.

Signature: _____ Date: ____/____/____

I AM THE PARENT OR LEGAL GUARDIAN OF THE PLAYER IDENTIFIED ON THIS FORM AND I CONSENT TO THEIR RETURN TO ATHLETIC ACTIVITY WITHOUT RESTRICTION.

Parent/legal guardian name: _____ Date: ____/____/____

Signature: _____

AT THE END OF THE YEAR A COPY OF THIS FORM SHALL BE PROVIDED TO THE ASSOCIATION PRESIDENT OR DESIGNATED REPRESENTATIVE AND THE USA HOCKEY RISK MANAGER, MINNESOTA DISTRICT

The following information was added to the online registration process for all members effective for the 2017-18 Season:

USA Hockey Concussion Information and Acknowledgement

All sports and free play are associated with risk for a concussion, including playing, officiating or participating in ice hockey. It is important that all participants and parents learn about concussion prevention, recognition, treatment and return to play.

A concussion is a type of traumatic brain injury—or TBI— caused by a bump or blow to the head or by a hit to the body that causes the head and brain to move quickly back and forth. Bouncing or twisting of the brain in the skull can cause chemical changes and sometimes stretching of the brain cells. A concussion disrupts the way the brain normally works. Most concussions are mild, but all concussions should be taken seriously because permanent brain damage and death can occur from another injury. A concussion may be difficult to recognize. A player does not have to be “knocked-out” to have a concussion- less than 10% of players actually lose consciousness. Signs and symptoms may show up right after the injury or can take hours or days to fully appear.

If a person reports one or more symptoms or demonstrates any signs of concussion after a blow to the head or body, s/he should be kept out of practice, play or training immediately **and** referred to a health care professional with experience in concussion management. A concussed brain needs time to heal and the person is much more likely to have another concussion if they return to soon. Repeat concussions are usually more severe and take longer to heal. Return to play is allowed only after the individual is without symptoms, has progressed through the concussion protocol and is cleared by the health care professional.

USA Hockey provides all participants with information and educational materials about concussions, including the risk of sustaining a concussion, how to minimize these risks, concussion signs and symptoms, and USA Hockey’s program for returning to play following a concussion. USA Hockey’s Concussion Management Program can be found on the USA Hockey website at: <http://www.usahockey.com/safety-concussions>.

By checking the box and placing my initials in the box below, participant, and participant’s parent(s) or legal guardian(s) if participant is a minor, hereby acknowledges (1) that I have had the opportunity to review information on concussions provided by USA Hockey, including the signs and symptoms of a concussion, (2) that participating in the sport of ice hockey involves the risk of sustaining a concussion and that I knowingly, freely and fully assume all such risks, (3) that any participant suspected of possibly sustaining a concussion will be removed from practice or competition (and that I will remove myself from practice or competition) and not returned to practice or competition until cleared in writing by a licensed health care provider trained in the evaluation and management of concussions, and (4) that I shall follow USA Hockey’s Post-Concussion Return to Play Protocol prior to returning to play.