



Greater Toronto Hockey League Policy

Head Injuries and Concussions

Background (as defined by the Brain Association of America and the Canadian Academy of Sport Medicine)

- A concussion may be sustained through a variety of mechanisms. A direct blow to the head, blow to the jaw, sudden twisting or shearing force and a sudden deceleration of the head (similar to a “whiplash” – type injury) can all produce concussive signs and symptoms.
- Both closed and open head injuries can produce a concussion. A concussion is the most common type of traumatic brain injury.
- A concussion is caused when the brain receives trauma from an impact or a sudden momentum or movement change. The blood vessels in the brain may stretch and cranial nerves may be damaged.
- A person may or may not experience a brief loss of consciousness (not exceeding 20 minutes). A person may remain conscious, but feel “dazed” or “punch drunk”.
- A concussion may or may not show up on a diagnostic imaging test, such as x-rays, CAT Scans and MRI’s.
- Skull fracture, brain bleeding, or swelling may or may not be present. Therefore, concussion is sometimes defined by exclusion and is considered a complex neurobehavioral syndrome.
- A concussion can cause diffuse axonal type injury resulting in permanent or temporary damage.
- A blood clot in the brain can occur occasionally and be fatal.
- It may take a few months to a few years for a concussion to heal.

GTHL Philosophy:

The GTHL believes that the participants safety and health is paramount and should be first and foremost in determining the most appropriate time in which a player may return to play once that individual has suffered a suspected or identified head injury.

GTHL Policy:

- 1) Any player who suffers a SUSPECTED Concussion must stop participation in the hockey activity immediately. If there is doubt as to whether a concussion has occurred, it is to be assumed that it has and that the player’s parents/guardian be encouraged to have the injury properly diagnosed at a hospital ASAP. A hockey activity is defined as any on-ice or off-ice team function involving physical activity.
AND
Any player who is diagnosed by a medical Doctor with any grade of concussion must stop participation in all hockey activities immediately. A hockey activity is defined as any on-ice or off-ice team function involving physical activity.
- 2) Team Officials are responsible to recommend to the individual’s parent or guardian that they seek medical attention immediately, especially if the injury incurred in any form of hockey participation.
- 3) The participant is not permitted to return to any hockey activity until written permission is given by a medical Doctor.
- 4) Copies of such documentation MUST be submitted to the GTHL Office prior to the participants return to any hockey activity.



RETURN TO PLAY

This information is strictly confidential and will only be used to assist in the player's safe return to play.

Name of Player

Is able to return to play following injuries sustained on

Date

Considerations/ restrictions with respect to return to play:

Name of Treating Physician

Signature

Date: _____

Disclaimers Personal information used, disclosed, secured or retained by The Greater Toronto Hockey League and Hockey Canada will be held safely for the purposes for which we collect it and in accordance with the National Privacy Principals contained in the Personal information Protection and Electronic Documents Act as well as Hockey Canada's own Privacy Policy.

Please forward to:
Greater Toronto Hockey League
Michelle Fata
Coordinator Development and Risk Management
265 Rimrock Road Unit 4
Toronto ON M3J3C6
Tel: 416-636-6845 X225
Fax: 416-636-2035
mfata@gthlcanada.com

