



Chaparral Ice Center

Central Texas High School Hockey League

Member of TAHA & USA Hockey

2017 – 2018 Concussion Information & Agreement

Player safety is of the utmost importance to the Chaparral Ice Center. Dealing with concussions and avoiding long term effects is at the forefront of our program for the 2017-2018 Season. The Chaparral ice Center is requiring ALL High School hockey league players to obtain baseline concussion testing prior to the start of the season. We will accept a baseline from 2016-17 season, but we **STRONGLY** encourage everyone to have it done every year.

Mandatory baseline concussion testing for each player is required prior to the first game of the season. Each player will provide documentation from a certified doctor, SafeSports online impact testing, (<http://www.sportssafect.com/impact-at-home.html>) or a concussion specialist that said player has undergone baseline concussion testing. Team Managers will assist in collecting player documentation.

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Symptoms reported by the athlete:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. Seek medical attention right away. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
2. Keep your child out of play. Concussions take time to heal. Don't let your child return to play until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. Tell your child's coach about any recent concussion. Coaches should know if your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

For more information and to order additional materials free-of-charge, visit:

www.cdc.gov/ConcussionInYouthSports

For more detailed information on concussion and traumatic brain injury, visit: www.cdc.gov/injury

TAHA CONCUSSION MANAGEMENT PROTOCOL

TAHA has implemented the following treatment protocol that **MUST** be followed before a concussed player can return to the team for either on ice or off ice activity. This protocol is subject to change. In the event it is changed, we will communicate the updated protocol with all families immediately.

Stage 1 - Upon medical diagnosis of a concussion – player must experience seven (7) days symptom free. This would be seven days of rest with no TV, video games and plenty of rest. Player may **NOT** move to Stage 2 until there have been seven continuous days' symptom free.

Stage 2 – After seven days' symptom free – player may participate in light 15-minute workout off ice to include bike ride, sit ups, pushups, etc., with slight head movements. If the player experiences no symptoms on Day 1, the player can engage in slightly more strenuous activity on Day 2, to include moderate jogging, brief run or moderate intensity stationary bike.

Stage 3 – after two symptom free days of activity – player may return to the ice for non-contact skating for 20-30 minutes on Day 3. Player should be checked every 5-10 minutes for potential symptoms during this session.

Stage 4 – after three symptom free days of activity – player may return to the ice for full “skating only” practice without contact.

Stage 5 – after four symptom free days of activity – player may return to full contact practice and games.

NOTE: If at any time during the protocol the player experiences any concussion symptom, the player MUST return to Stage 1 and again go seven (7) symptom free days before advancing to Stage 2.

A concussion protocol form MUST be completed by the Coach for each player diagnosed with a concussion during each stage of development.

A doctor’s note certifying the player as fit to compete is required before the player is allowed to participate in any off-ice activities or return to the ice for practice or to participate in any game or tournament.

PLEASE KEEP PAGES 1-4 FOR YOUR RECORDS AND RETURN PAGE 5 – SIGNATURE PAGE – TO CHAPARRAL ICE CENTER.

This page to be returned to Jaon Maurer, High School Hockey League Director

A signature below indicates that you have read, understood, and agreed to the provisions listed above. Further, I/We realize the Chaparral Ice Center has established this program for the benefit of the children and young adults in the community. I/We therefore agree to hold no party connected with this team, the sponsors, Chaparral Ice Center, HEB Center, USA Hockey, or TAHA responsible for injury during the normal pursuit of team activities. It is further understood and agreed that the Chaparral Ice Center is a member of USA Hockey and TAHA. Any and all disputes regarding or related to the Chaparral Ice Center, USA Hockey, or TAHA, are expressly governed by the dispute resolution procedures set forth in the USA Hockey Bylaws, and TAHA Bylaws. Your signature indicates that you agree to handle any disputes solely in compliance with those procedures.

I have read, understand, and agree to comply with the Concussion Information & Agreement and Concussion Management Protocol as stated above.

Player Name: _____

Parent/Guardian Signature: _____

Parent/Guardian 2 Signature: _____

Signature Date: _____