



## FIELD HOCKEY CANADA

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| <b>Policy Name</b><br><b>CONCUSSION POLICY</b>  |   | <b>Policy Category</b><br><b>MEMBERSHIP</b>   |
| <b>Date of Approval</b><br>March 2, 2021        | <b>Activation Date</b><br>June 30, 2021 | <b>Replacing Previous Version</b><br>May 3, 2018  |
| <b>Approved By</b><br><b>Board of Directors</b> |   | <b>Review Cycle</b><br><b>High Performance Director with input from medical experts – every 2 years</b> |

### 1. PURPOSE

Field Hockey Canada (FHC) has developed the **FHC Concussion Policy** and the **FHC Concussion Protocols** to direct athletes, coaches, medical staff, integrated support team (IST) members, management, staff, officials and other stakeholders involved in FHC programming and activities to conduct themselves in ways that minimize the athlete's risk of concussion, maximize its recognition, and prevent continuation or premature return to high-risk sport activities until they have fully recovered, as judged by the team physician or consulting physician.

This information covers the risk management and education of FHC program participants as well as recognition, medical diagnosis and management of athletes who may sustain a suspected concussion during a sport activity. It aims to ensure that athletes with a suspected concussion are identified timely and receive appropriate care and proper management to allow them to return back to their sport safely.

It is strongly recommended that FHC Member Associations and field hockey clubs adopt the **FHC Concussion Protocol** for programming within their own jurisdiction.

### 2. POLICY STATEMENT

FHC will follow the protocols outlined in the **FHC Concussion Protocols** document for all athletes and other participants involved in FHC programs and sanctioned events, including onsite management of activities and care. This includes national team programs and other FHC activities.

### 3. APPLICATION

This policy and protocol should be used by all individuals who interact with athletes inside and outside the context of sports activity, including athletes, parents, coaches, officials, teachers, trainers, and licensed healthcare professionals.



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### **4. EDUCATION OF COACHES**

All coaches working with FHC national program athletes and in other FHC-directed activities must complete the Coaching Association of Canada “*Making Headway in Sport*” e-learning module.