



Chicago Jets Youth Ice Hockey Club

Concussion Guidelines and Return to Play Policy

For Coaches: When a player shows **ANY** symptoms or signs of a concussion-

- The player should not be left alone in the locker room and should be monitored on the bench immediately following the injury
- The parents should be made aware of any injury and instructed to have the player medically evaluated
- A player should never return to play when symptomatic. **“When in Doubt, sit them out!”** The expectation is that the player will miss at least one to two weeks of hockey practice and games.
- **The player should not be allowed to return to play or practice until a medical professional provides written permission**

Signs of a Concussion that may be observed by the Coaching Staff:

- Appears dazed or stunned
- Is confused about assignment or position
- Is unsure of the game, score, or opponent
- Answers questions slowly
- Loses consciousness (even briefly)
- Can't recall events prior to the hit or fall
- Can't recall events after the hit or fall
- Headache, dizzy
- Nausea, vomiting
- Blurred vision and/or sensitivity to light
- Ears ringing

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For Parents: If your player has suffered a head injury and displays any of the following symptoms or sign of a concussion, you must have them medically evaluated and provide permission from a medical professional in writing before they will be allowed to return to play:

- Headache or “pressure” in the 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”

What should parents do if you think your child has a concussion or any serious injury, contusion or fracture?

1. **Seek Medical attention right away.** A health care professional will be able to decide how serious the concussion or other injury is and when it is safe for your child to return to play.
2. **Keep your child out of play.** Concussions and other injuries 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.

(This document has been prepared using information from the “Return to Play Guidelines after Head Injuries”, USA Hockey Safety and Protective Committee and the U.S. Center for Disease Control and Prevention.

www.cdc.gov/ConcussionInYouthSports