

ELMAHA Trainers guide for Removing Players and Retuning to Play

A player should be removed from play anytime a trainer or coach observes a player who is unable to participate at their usual skill level after sustaining an injury, or if they demonstrate the same diminishing level of skill due to a high fever or illness.

They should be directed to the proper medical authority if necessary.

Caution should always be used and discussed among your staff when a decision needs to be made. Remember that your primary goal is not to make a decision, but to ensure the **safety of the player at all times**. In the event that you do decide to remove a player, the appropriate form should be filled out. At very minimum a team log should be filled out every time a player is removed from play. Should there be an injury that requires the attention of a healthcare professional then you would need to fill out the Hockey Canada Injury Report and ideally it would be sent with the player to have the attending physician fill out their portion at the initial appointment. **(Note this is why It's best to keep at least one HCIR form in your trainers bag at all times)**

It can also be beneficial to carry a Return-to-Play form as well, as a visit to the physician may result in the player's clearance, or clearance with considerations/restrictions, and could start the ball rolling towards retuning to play.

If in doubt of a serious injury, use common sense and direct parents to seek medical attention. Clearly communicate to the parent that the player is not allowed to return without medical permission. Obtain a note **before** return-to-play.

NOTE;

With respect to players returning to play, muscular and skeletal injuries (excluding fractures) can be signed off by physicians, chiropractors, physiotherapists or nurse practitioners.

Fractures as well as all neurological injuries including spinal injuries and concussions **must** be signed off by a **physician**.

(Note this does not pertain to Hockey Canada Injury report Form related to the insurance program. This will still need to be completed by a physician or a dentist if a dental injury)

Meaning, the HCIR still needs to be filled out initially. Once Return-to-Play is initiated, we will require a note **before** the player skates in a practice situation.

After an Extended Layoff

Players must always practice first. The practice situation is a controlled setting that allows player to gradually adapt, feel comfortable and regain confidence without risking further injury. The practice situation also permits a player to regain conditioning and cardiovascular endurance before returning to play. Remember players are always more likely to reinjure themselves in the injured area or another area due to lack of conditioning.

Players returning from an injury should never be allowed on the ice without all of their equipment

Returning to Practice

Players should wear a different colour jersey to identify them on the ice, until they are fully conditioned. This is not only for players returning from concussion, but players returning from all injuries. That said, the Step-wise return-to-play guidelines for concussions are beneficial for guiding athletes back to competition from any injury.

A player should not return to a game situation unless they can demonstrate all the appropriate skills in a practice situation.

Pressure to Return

There will most likely be pressure on you to allow a player to return. **This is not your decision and your top priority as a trainer for ELMHA is the safety of our players.**

Your role is **NOT** to get players back into competition a.s.a.p. but to make sure they return-to-play when they are both **ready** and **safe** to do so. If there are doubts seek advice from a physician.

Be aware that when working with older kids that may drive, there are certain injuries that could impair or influence their decisions while behind the wheel. Please be sure that these kids are not driving themselves home alone, or preferably not at all. If a concussion is suspected the player should not drive.