

# ONLINE GUIDE



## Initial education and preparation

- Start by reviewing the *Concussion Guide for Coaches, Trainers & Safety Personnel*, the *Return-to-Sport Strategy*, and the *On-Ice Tips to Assist in Preventing Concussion & Other Injuries in Hockey* to educate yourself on concussion prevention, recognition and management.
- Develop an *Action Plan* that all those involved with your hockey team are made aware of at the pre-season concussion education meeting.
- Review the *Pre-Season Concussion Education Team Meeting Guide*, *Pre-Season Concussion Education Team Meeting Checklist*, *Pre-Season Concussion Education Sheet*.
- Book a time to present these materials to your team and their families.

## At your pre-season concussion education meeting

- Review all Smart Hockey resources, as well as your sport organization's concussion information, with players and their families.
- Distribute the following materials to **players**:
  - 12 on-ice tips to assist in preventing concussion & other injuries in hockey
  - Concussion Guide for Players
  - Concussion Code of Conduct: Players
  - Personal Concussion Record for Players
- Distribute the following materials to **parents and caregivers**:
  - Concussion Guide for Parents and Caregivers
  - Concussion Code of Conduct: Parents and Caregivers
- Have players and parents sign a *Concussion Code of Conduct* card and sign yours too.
- After the meeting, have your team pose with the included We Play Smart Hockey sign and with permission from parents, post to your team's website and social media.

## During the season

- Create and maintain a team environment where players feel comfortable speaking up. Give players opportunities at the start and end of practices and games to talk to you about any concerns they have, including possible concussion symptoms. Remember your players can get a concussion at home, at school, or elsewhere; not just on the ice.
- Keep all Smart Hockey resources, along with the Concussion Recognition Tool 5, your sport organization's concussion card, and other concussion resources, on hand for reference.
- In the event of a suspected concussion, remove the player from play and consult your Action Plan.
- Distribute the *Medical Assessment Letter* to parents if their child suffers a concussion.
- Encourage players and their families to track concussions using the *Personal Concussion Record* so they can provide accurate concussion history to medical professionals.
- Ensure concussed players follow the *Return-to-Sport Strategy* and are cleared by a doctor before returning to practice or games. Consult your organization's return to play protocol as well.