

# CONCUSSION EDUCATION TEAM MEETING GUIDE



Safety in hockey is a shared responsibility. Coaches, trainers, players on the ice, as well as families watching a game or practice play an important role in keeping all hockey players safe and healthy.

Work to ensure that everyone involved with your hockey team understands that a concussion is a serious brain injury, requiring adequate rest to recover. As a first step, make sure everyone knows they have a role in preventing concussions and knows what to do if one occurs. Pre-season team meetings with players, parents/caregivers, coaches and other sport stakeholders are a great way to do this.

## WHO

The attendees at each pre-season team meeting should include:

- Coaches
- Trainer
- Safety and medical personnel
- All players
- All parents and/or caregivers.

We encourage teams to invite officials and rink staff to attend these concussion education meetings so that everyone on and around the ice is prepared with the basic knowledge to recognize a concussion, know the steps to take when one is suspected and manage player recovery.



# WHAT

Concussion education sessions should include information on:

- The definition of concussion
- Possible causes/mechanisms of concussion in hockey
- Common signs and symptoms
- Steps that can be taken to prevent concussions and other injuries from occurring in hockey
- What to do when a player has suffered a suspected concussion or more serious head injury
- What measures should be taken to ensure proper medical assessment, including Return-to-School and Return-to-Sport strategies and Return-to-Sport medical clearance requirements.

In addition to reviewing information on concussion, it is also important that all sport stakeholders have a clear understanding of the league's concussion protocol and policies at the beginning of each hockey season and agree to follow it.

# WHEN

Many teams already have pre-season meetings for registration and player safety where this additional concussion information could fit.

These concussion education team meetings are helpful for the pre-season and can fit within any team's schedule.

Concussion education should take place at least once a year.

# WHERE

The venue for each team meeting could be a sports arena, team dressing room, a participating school or a community centre.

# HOW

Provide concussion education using the **Pre-Season Concussion Education Checklist** and the **Pre-Season Concussion Education Sheet** included in this kit.

Have the sheet reviewed and signed by all stakeholders at the time of registration or before the beginning of each hockey season.

This will confirm that the key information has been received and understood by all participants.

Be sure to provide all necessary handouts to players and parents at the end of the education session.

Review the **Code of Conduct** with your team and be sure to cover the key components of your league's concussion protocol and policies.

Ensuring everyone knows this information and commits to acting accordingly will support decision-making should any incidents come up during the season.