



## POLICIES

### Return to Play after an Injury and/or Ailment

#### **Strain/Sprain and Fractures**

If a player injures him/herself in a training or a game and seeks medical attention the player must obtain a doctor's note to return to full contact training. If no note is obtained the following return to play guidelines will be followed by the coach post injury:

- 2 training sessions with no contact to light contact (player can perform non-contact activities leading up to small sided games) If player has not sat out or complained of pain, he/she can participate in limited game time.
- 2 more training sessions with contact. If player has not sat out or complained of pain, he/she can participate in standard game play

#### **Illness**

Players who miss 2 consecutive training sessions and/or games may see limited playing time in their first game back, this is to ensure that the player is 100% healthy and back to full strength. This is to protect the player from any injuries that can occur due to lack of strength from decreased activity during the period of illness.

Players who are consistently complaining of pain, aches or fatigue during training sessions may see limited playing time in games until he/she can participate in a full training session with no complaints.

#### **Concussions**

Any players who sustain a head injury in a training or game must be seen by a Doctor and have a medical note before returning to play. All coaches must follow the Concussion Return to Play Guidelines – Coach.ca [Return to Play Guidelines](#)