



## Lady Blue Knight Lacrosse Association

### Injury Return to Play

#### **Purpose**

To ensure our process for injured Lady Blue Knights (LBK) players returning to practice and play is safe, responsible, consistent, and transparent.

#### **Injury Protocol**

1. This protocol applies when a player has either:
  - a. sustained a physical injury (i.e. sprain, severe strain, severe spasm, joint dysfunction, high grade contusion etc.) during the course of game play, practice, or team event that has caused them to be unable to complete the activity and/or they have been advised by the coach or trainer they cannot continue
  - b. Sustained a serious injury, fracture or concussion during the course of a practice or game play
  - c. The trainer or coach are made aware of a player injury that has occurred outside of LBK practice or game, and causes them to be unable to take part in an LBK practice or game.
2. Once the injury (not including a concussion) has been identified, the player must provide documentation from a licensed healthcare practitioner (i.e. athletic therapist, chiropractor, physiotherapist, physician, nurse practitioner) responsible for their care that clears them to return to physical activities (clearance).

#### **Phase 1:**

**Clearance for Practice:** documentation must allow for gradual return to practice and include a progression protocol. *Note: practice is a major part of rehabilitation, without gradual return to play, the athlete is at a greater risk of injury when they return, as in-season conditioning decreases with each week they are out.*

#### **Phase 2:**

**Clearance for game play:** documentation must clearly state the player can return to game play and any additional recommendations from the healthcare provider should be followed as stated



3. If a suspected concussion has been sustained, the player must complete the following by a **medical doctor** or **nurse practitioner** before returning to practice and games.

**Medical Clearance Letter**

Before returning to full contact practice and game play, the player must provide a medical clearance letter that specifies that a medical doctor or nurse practitioner has personally evaluated the patient and has cleared the athlete to return to sport.

**Medical Assessment Letter**

A medical assessment letter should be provided to players diagnosed with a concussion, indicating a concussion has been diagnosed.

Players that are determined to have not sustained a concussion must be provided with a medical assessment letter indicating a concussion has not been diagnosed and the athlete can return to practice and games without restriction.



## **Additional Documents**

[OLA Participant Serious Injury Report](#)

[OLA Sport Accident Claim Form](#)

[Canadian Guidelines on Concussion in Sport](#)