

Concussion and Sudden Cardiac Arrest Policy

- ★ At the beginning of a season every WAHA Association shall distribute a concussion and head injury information sheet to each person who will be coaching and to each person who wishes to participate in hockey. If the participant is 12 years old or older the Association shall also distribute an information sheet regarding Sudden Cardiac Arrest.
- ★ No person may participate in a WAHA activity unless the person returns the information sheet signed by the person and, if he or she is under the age of 19, by his or her parent or guardian.
- ★ Each Association shall verify that every member of their Association complied with the above requirements and file a signed Association Concussion and SCA Compliance form.
- ★ A coach, or official involved in a WAHA activities, or health care provider shall remove a person from the any practice, game, or off-ice activity if the coach, official, or health care provider observes that the person exhibits signs, symptoms, or behavior consistent with a concussion or head injury or the coach, official, or health care provider suspects the person has sustained a concussion or head injury.
- ★ A report of the injured player must be filed using a form found on the WAHA website.
 - ➔ [WAHA Concussion Initial Reporting Form](#)
- ★ A person who has been removed per the previous paragraph may not participate in any youth athletic activity until he or she is evaluated by a health care provider and receives a written clearance to participate in the activity from the health care provider.
 - ➔ The written clearance is a USA Hockey Return to Play Form found on the WAHA website: [USA Hockey Return to Play Form](#)
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More information can be found on WAHA Website:

<https://www.wahahockey.com/page/show/7572898-concussion-and-safety-info>

Signs & Symptoms of a Concussion:

- Headache
- Confusion
- Difficulty remembering or paying attention
- Balance problems or dizziness
- Feeling sluggish, hazy, foggy, or groggy
- Feeling irritable, more emotional, or “down”
- Nausea or vomiting
- Bothered by light or noise
- Double or blurry vision
- Slowed reaction time
- Sleep problems
- Loss of consciousness

Warning Signs of a Sudden Cardiac Arrest:

- Fainting/Blackouts (especially during exercise)
- Dizziness
- Unusual Fatigue/Weakness
- Chest Pain
- Shortness of Breath
- Nausea/Vomiting
- Palpitations (Heart s beating unusually fast or skipping beats)