

WCYHA Concussion Protocol

If a player exhibits any signs or symptoms of concussion, the coaches' responsibility is simple... Remove the player from participation. "When in doubt sit them out."

Parents please have your player evaluated by an appropriate health care provider. If diagnosed with a concussion, then the following applies:

1. No team activity (conditioning, practice or competition) until symptom free for 7 days (In regards to step 1 - if the appropriate health care provider stipulates a longer time, the coaching staff will follow that; however if they stipulate a shorter time, we will still use the 7 days.)
2. Once #1 is met and they have clearance from an appropriate health care provider, then the player may return to practice
3. First practice back needs to be light and no contact, if still symptom free after 24 hours the player may return to for a second practice (player will be given a YELLOW practice jersey which indicates to other players, NO CONTACT)
4. Second practice is full speed, but no contact
5. If still symptom free after 24 hours the player may return to for a third practice
6. Third practice is normal, provided the player has clearance from an appropriate health care provider.
7. If still symptom free after 24 hours the player exits this protocol, provided the player has provided written clearance from an appropriate health care provider.

To reiterate, in regards to the above steps - if the appropriate health care provider stipulates a longer time, then follow that; however if they stipulate a shorter time, use this protocol.