# BURNABY LAKERS

BMLC operates as a member club under the BCLA and as such follows the guidelines as provided by the BCLA as it pertains to player safety and specifically the concussion protocols as contained in the BCLA Operating Policy 16 and its related Appendix H. The BMLC shall follow the guidelines for concussion awareness and identification as well as return-to-play protocols as laid out by the BCLA.

At a team level, all coaches should have completed the NCCP Making Headway in Sport as part of the certification process. This module will prepare the coaches to:

- Implement preventive measures to minimize the risk of concussion
- Recognize signs and symptoms of concussion
- Know how to respond and support when you suspect a participant has a concussion
- Support recovery through appropriate Return-to-Sport Strategies

Appendix H to the BCLA Operating Policy (link above) contains the necessary Head Injury Report (to be filed with the BCLA) as well as the subsequent Medical Assessment and Medical Clearance letters which are required to mange the steps from identifying a possible concussion to the eventual return to the sport.

In addition, Appendix H contains reference material from the Concussion Awareness Training Tool (CATT) which contains key information on both identifying symptoms of a concussion and a clear CATT Concussion Pathway which details the steps required between the identification of a concussion and the steps required to return to the sport. Coaches are expected to follow these guidelines once an athlete is suspected of having suffered a possible concussion. The President of BMLC should be copied on the email to the BCLA with the Head Injury Report attached so as to act as an internal reporting of said injury to the Club.

Additional resources for coaches to help identify the occurrence of a concussion are listed on the Parachute medical website https://parachute.ca/en/injury-topic/concussion/ .

Parents and caregivers can also obtain more information on concussion identification and monitoring https://parachute.ca/wp-content/uploads/2019/06/Concussion-Guide-for-Parents-and-Caregivers.pdf

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For reference, the BCLA Operating Policy 16 is attached below.

16 CONCUSSION AWARENESS AND EDUCATION
16.01 The BMLC acknowledges the severity of concussion and its life-long effects on players and their families.
16.02 The BMLC recommends that all members should review the on-line resources regarding Concussion Management and Protocols as there are many resources available and the BCLA recommends that players and their families discuss current protocols with their own medical resources, (ie, family doctor, sport medicine professional, etc.).
Concussion medicine, resources and expert knowledge improves often and member associations should educate themselves and their members on an ongoing basis; member policies should be 'working' documents that can be changed as necessary to keep members apprised of the most current information.
16.03 As per the BCLA's Risk Management Policy, all Associations/Teams must have an Emergency Action Plan that will be executed should any safety and/or medical emergency arise.
16.04 All teams must have a designated person responsible for initial concussion/head injury assessments during all practices and games. In addition* to having taken a first aid training course, this designated person must have completed a concussion management course and be capable of making an assessment of a concussion/head injury at the time of an incident. (*does not have to be same individual).
16.05 BCLA members shall institute the following protocols when a member participant (athlete, official, coach, etc.) is suspected of sustaining a concussion or head injury:
a) The individual must immediately be removed from play.
b) The designated person responsible for initial concussion/head injury assessments, along with one other adult when assessing anyone under the age of 19, will conduct the initial assessment of the individual's injury. If a concussion or head injury is assessed, the individual will not return to play until the following protocols are met:
1) The individual must seek medical evaluation by a physician or licensed healthcare professional after a suspected concussion or head injury.
2) The Head Injury Report (see Appendix H) must be completed by the Team Manager or Coach on the date of the injury, and submitted.
i) For regular league play, to the Local Association Team President or General Manager
ii) For provincial/tournament play, to the Association President/General Manager and the Provincial or Tournament Director;
iii) In the case of a Coach, to the BCLCG Chair;
iv) In the case of an Official, to the BCLOG Chair.
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3) A member/participant who is deemed to have suffered a concussion or head injury may not return to play until a Medical Clearance Letter* (see Appendix H) is provided
i) For regular league play to the Team Head Coach;
ii) For provincial/tournament play, to the Team Head Coach and the Provincial or Tournament Director;
iii) In the case of a Coach, to the BCLCG Chair;
iv) In the case of an Official, to the BCLOG Chair.