



Ice Hockey Victoria

Concussion Management Checklist - CLUB



If a player **at your Club** has been injured and suffered a potential head injury or concussion, they must follow the information detailed in IHV Concussion Management Procedure.

All players who suffer a suspected concussion are to seek the highest level of medical care reasonably available to ensure it is managed appropriately.

If diagnosed/confirmed by a medical professional as having suffered a concussion, the minimum time frames for returning to play/train are:

- Adults over the age of 19 - the minimum timeframe before return to play is 12 days
- Children and Adolescents aged 18 and under – minimum timeframe before return to play is 19 days.

The check list actions outlined below are provided to assist the club in meeting their obligations and requirements relating to the IHV Concussion Management Procedure

Step	Action	Complete
1	Record	
	Ensure injury is noted on Official Scoresheet.	<input type="checkbox"/>
	Notify the IHV Executive Officer of a potential head injury or concussion occurrence via email to medical@ihv.org.au	<input type="checkbox"/>
	Club Secretary or other nominated club official to keep record of incident	<input type="checkbox"/>
2	Record and Refer	
	Complete Section 1 of Concussion Referral and Return Form.	<input type="checkbox"/>
	Provide Referral and Return Form along with Head Injury Fact Sheet to player.	<input type="checkbox"/>
	Remind player they must be referred to a medical doctor within 24-48 hours of suspected injury where possible or as soon as practical afterwards - or if experiencing any Red Flag symptoms, immediately attend the nearest Emergency Hospital, or ring 000 for an Ambulance.	<input type="checkbox"/>
3	Rest and Recover	
	Confirm player has been assessed by a medical doctor and can progress through Graduated Return to Play Protocol	<input type="checkbox"/>
	NOTE: The minimum time between stages is 24 hours, although children and adolescents may require a longer period of time between stages	
4	Return to Training and Play	
	Ensure Section 3 of Referral and Return Form is completed	<input type="checkbox"/>
	Submit completed Referral and Return form to IHV Executive Officer via email to medical@ihv.org.au as evidence to approve a return to training and play	<input type="checkbox"/>
	NOTE: Failure to complete any section of this form will result in the player being excluded from training and IHV sanctioned events	