



Ice Hockey Victoria

Concussion Management Checklist - PLAYER



As a **player** that has been injured and has suffered a potential head injury or concussion, you 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 – the minimum timeframe before return to play is 19 days.

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

Step	Action	Complete
1	Record	
	Receive and read IHV Head Injury Fact Sheet	<input type="checkbox"/>
	Receive and read IHV Concussion Referral and Return Form	<input type="checkbox"/>
	Ensure Section 1 of IHV Concussion Referral and Return Form has been completed	<input type="checkbox"/>
2	Record and Refer	
	Present yourself to a medical doctor for assessment within 72 hours of injury	<input type="checkbox"/>
	Ensure the medical doctor completes Section 2 IHV Concussion Referral and Return form	<input type="checkbox"/>
3	Rest, Recover, Return to Exercise and Training	
	Ensure you completely rest for a minimum of 24 hours after injury	<input type="checkbox"/>
	Follow the advice from medical doctor relating to your injury	<input type="checkbox"/>
	Progress through Stages 1-4 of Graduated Return to Play program	<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	
	Obtain clearance from the medical doctor and ensure Section 3 of the IHV Concussion Referral and Return Form is completed	<input type="checkbox"/>
	Submit completed IHV Concussion Referral and Return Form to your Club Secretary 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	