



NORTH VANCOUVER MINOR HOCKEY ASSOCIATION

CONCUSSION POLICY

Background and Purpose

North Vancouver Minor Hockey Association (NVMHA) is a community-based, amateur, youth ice hockey association committed to maintaining and building on its reputation of delivering safe and supportive hockey programs in North Vancouver.

As part of our commitment to the health and safety of our members, NVMHA developed an evidence-based concussion policy.

Concussion education and training as well as prompt and appropriate concussion management can support the health and well-being of our players and potentially reduce the amount of time away from sport, learning, work, and other activities.

1.0 Scope

This Policy applies to NVMHA Team Officials, parents/guardians, and Players in the U11 Division and above.

2.0 Policy Statements

- 2.1 All Team Officials are required to complete concussion training identified by NVMHA as well as any concussion training required by Hockey Canada.
- 2.2 At least one parent/guardian of a Player and their Player are to complete concussion training identified by NVMHA.
- 2.3 All Players are to complete a baseline test.
 - 2.3.1 Baseline tests must be valid throughout the Playing Season. If a baseline test expires during the Playing Season, a re-test may be required.
- 2.4 When a concussion is suspected, whether occurring during an NVMHA event or otherwise, the Player should be removed immediately from all training and/or competition and not be permitted to return until cleared by their physician and/or a concussion trained practitioner. If the suspected concussion occurs during an NVMHA event, the Player should be:
 - 2.4.1 removed from play in a safe manner;
 - 2.4.2 transferred to the care of their parent/guardian or another responsible adult who will take responsibility for the Player, and the responsible adult should be informed of the suspected concussion; and
 - 2.4.3 directed to see their physician and/or a concussion trained practitioner as soon as possible to receive a proper diagnosis.



NORTH VANCOUVER MINOR HOCKEY ASSOCIATION

CONCUSSION POLICY

- 2.5 All Players with a suspected concussion should complete the 6-Step Return to Play Process, which is an evidence-based protocol for returning a concussed Player back to sport and other activities. The protocol is outlined in the [Hockey Canada Concussion Card](#) and should be completed in a closely supervised manner with a physician or concussion trained practitioner.

Each step must be separated by at least 24 hours and the Player must not experience an increase in symptoms at any one step to progress to the next. If symptoms increase or return at any step, the Player is to drop back to the second step and be re-evaluated by a physician or concussion trained practitioner.

3.0 Roles and Responsibilities

- 3.1 Team Officials, parents/guardians, and Players are expected to act in a manner consistent with this Policy, which includes taking appropriate actions and complying with the provisions of this policy and its associated process.
- 3.2 Team Officials and parents/guardians are expected to complete designated training and become knowledgeable about concussion management.
- 3.3 Board of Directors is responsible for:
- 3.3.1 approving and implementing this policy;
 - 3.3.2 monitoring and evaluating its implementation; and
 - 3.3.3 reviewing and updating this policy.

4.0 Definitions & References

NVMHA	refers to the North Vancouver Minor Hockey Association
Association	means an organization whose common purpose is to direct the management and administration of sport to the community
Board of Directors	refers to the current NVMHA Board of Directors
Governing Bodies	refers to Pacific Coast Amateur Hockey Association (PCAHA) (District-Level), BC Hockey (Provincial-Level), Hockey Canada (National-Level)
League	means a specific group of Associations or Teams as defined by geographical area or age who compete against each other
Division	means the age divisions of minor hockey where a Team is established



NORTH VANCOUVER MINOR HOCKEY ASSOCIATION CONCUSSION POLICY

Category	means a Division further divided into subdivisions (i.e., A and C categories)
Flight	means a sub-set of similar aged Teams divided into smaller competitive playing groups
Playing Season	means the annual season in which a Team participates in League play, designated by the year of participation
Team Official	means a rostered position involved in the management of a Team, including the head coach, assistant coach(es), manager, and safety person(s)
Player	means a rostered skater or goaltender on a Team
Team	means a group of Team Officials and Players who are qualified in one Division and Category and registered with the applicable Governing Bodies by the Association

Initial Approval Date

Last Revised Date

n/a

Next Review Date

September 2027

Approval Body

Board of Directors

Sponsor

President

Owner

Vice President

Related Documents

NVMHA Concussion Process



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