

City of Ottawa Ringette Association Concussion Policy

Canadians have a heightened awareness of concussions due to the many high profile athletes that have incurred concussions, the increased media coverage relating to brain injury, and our increased understanding of the consequences of repetitive brain trauma, primarily within professional sports. From this heightened awareness, we know that concussions are very possible within the sport of ringette.

Ontario Ringette believes that everyone involved with Ringette should take all necessary precautionary steps to prevent and reduce brain injuries, inform themselves as to the signs and symptoms of a concussion, and take accountability around their role in the prevention, identification, and return to health of a Participant suffering from a brain injury.

The City of Ottawa Ringette Association has adopted the [Ontario Ringette Concussion Policy](#). The [ORA Concussion Management Guidelines](#) will also be adopted to provide guidance in identifying signs and symptoms of a concussion, the suggested responsibilities of coaches and other team staff, return to play guidelines, and the reporting mechanisms for instances of possible concussions

The following links are related to concussions and concussion-related injuries in sports. We will continue to update this page with additional links:

- [Parachute/Think First Canada](#)
- Making Headway: [Concussion Awareness Resources](#)
- [Ringette Ontario Concussion Resource](#)