

City of Ottawa Ringette Association (CORA) Significant Injury Return to Play Policy

The City of Ottawa has adopted the [Ontario Ringette Association Return to Play policy](#) in the event of a significant injury, whether it happened during a ringette event or outside of ringette. Where further guidance is required regarding the player's return to play, this policy supplements the ORA policy.

CORA defines a Significant Injury as any injury a player sustains which requires the player to be absent from ringette for a period of greater than one week. Examples are, but not limited to, broken bones, severe sprains or strains, major lacerations, respiratory incidents, etc.

Concussion is excluded from this policy as it has its own policy and protocols. CORA has adopted the Ontario Ringette Association (ORA) Concussion Policy and Concussion Management Guidelines for return to play following a concussion.

After a significant injury has occurred (whether during a ringette event or otherwise), the team Trainer in concert with the injured player, parents/guardians, and medical professionals will determine the best course of action. The Trainer will be kept apprised of any and all changes in the player's condition and the player will be considered ineligible to play until assessed and cleared (in writing) by a regulated medical professional (see definition below). The Trainer's decision is final and cannot be overturned by the Coaching staff or the Parents until the Return to Play criteria has been met.

Definition: "regulated medical professional": With respect to players returning to play, muscular and skeletal injuries (excluding fractures) can be signed off by physicians, chiropractors, physiotherapists, or registered nurse practitioners. Fractures as well as all neurological injuries including spinal injuries and concussions must be signed off by a physician. (Note this does not pertain to the ORA Injury report Form related to the insurance program. This will still need to be completed by a physician or a dentist if a dental injury).

Situation where Signs or Behaviours Not Exhibited But Concern Remains

If an athlete is injured, either during the game, practice or an event outside of ringette, and there is concern* about returning her to play, even if there is no obvious injury, then a three-way meeting between the head coach, trainer and parent/guardian must take place prior to returning the player to play. If the head coach is not available, then the head coach may delegate the meeting responsibility to another member of the coaching staff.

*the concern can come from either the head coach, the trainer, the parent or the player.

If, during the meeting, any of these 3 people have a concern about returning the girl to play, then the athlete will be required to have a Return to Play Form signed by a healthcare practitioner prior to returning her to play.

If none of the 3 persons involved in the meeting has concerns about returning the athlete to play, then she will be able to return at the next possible opportunity.

During the meeting, the trainer should take written notes detailing the concerns of each of the parties. If all three parties agree that the athlete is able to return to play, then the trainer shall document this agreement in some manner.

Return to Play Process

The return to play process should be guided by the following:

- a) If no concussion is diagnosed by a physician: the Participant may return to physical activities accompanied by a medical clearance letter confirming that the Participant is medically cleared to resume participation
- b) If a concussion is diagnosed by a physician: the Participant should only return to physical activities after following the ORA Concussion Management Guidelines.

Note: Players should proceed through return to play steps only when they do not experience any pain or symptoms and the physician has given clearance. Each step should be a minimum of one day. As a policy this is to be utilized as a guideline/protocol. Significant injuries happen and are as unique as individual players. As an example - rehabilitation time for severe sprains/strains will vary depending upon the player's own physical attributes as well as her availability for rehabilitation services.

Never return to play if symptoms persist!