



Concussion Policy

PURPOSE

The Calgary Underwater Hockey Club is committed to maintaining the health of its athletes and believes that an athlete's health is more important than participating in the sport of underwater hockey. The Calgary Underwater Hockey Club recognizes the increased awareness of concussions and their long-term effects and therefore enacts this Policy as a tool to help manage concussed and possibly-concussed athletes and preserve the health of its members.

SCOPE

This Policy applies to all athletes, coaches, officials, members and decision-makers of the Calgary Underwater Hockey Club.

ADHERENCE

The Calgary Underwater Hockey Club adopts and adheres to Parachute's Return to Play guidelines (Appendix A)

PROCEDURE

During all competitions and practices sanctioned by the Calgary Underwater Hockey Club, participants (which include coaches, athletes, officials, and other members) will use their best efforts to:

1. Be aware of incidents that may cause a concussion, such as:
 - a. Falls
 - b. Accidents
 - c. Collisions
 - d. Head trauma
2. Understand the symptoms that may result from a concussion, such as:
 - a. Nausea
 - b. Poor concentration
 - c. Amnesia
 - d. Fatigue
 - e. Sensitivity to light or noise
 - f. Irritability
 - g. Poor appetite
 - h. Decreased memory
3. Identify athletes or other individuals who have been involved in any of the above incidents and/or exhibit any of the above symptoms



Athletes or other individuals who have been involved in an incident that may cause a concussion and who may exhibit symptoms of a concussion shall be identified and removed from play.

Following the athlete being removed from the activity, the athlete's coach or other individual in charge of the athlete (if the athlete is a minor) or someone familiar to the athlete should:

- A. Call an emergency number (if the situation appears serious)
- B. Notify the athlete's parent (if the athlete is a minor) or someone close to the athlete (if the athlete is not a minor)
- C. Have a ride home for the athlete arranged
- D. Isolate the athlete into a dark room or area
- E. Reduce external stimulus (noise, other people, etc)
- F. Remain with the athlete until he or she can be taken home
- G. Encourage the consultation of a physician

Once the athlete's immediate needs have been met, the athlete's family or the athlete should be directed to the Return to Play Procedure.

RETURN TO ACTIVITY

An athlete who has been concussed should only return to underwater hockey by following the steps outlined in the return to play document (minimum of 24 hours between steps)

- STEP 1: No activity
- STEP 2: Light aerobic exercise
- STEP 3: Sport specific activity (no contact)
- STEP 4: Participate in drills (no contact)
- STEP 5: Practice with contact
- STEP 6: Return to unrestricted training and competition

MEDICAL CLEARANCE

Requires the athlete to consult with a physician at two stages: a) before returning to light aerobic exercise, and b) before resuming full underwater hockey practice.

The Calgary Underwater Hockey Club agrees with the return to play protocol and will require the athlete to obtain medical clearance, ideally from a physician familiar with concussions, before permitting the athlete to resume full activity with the club.

Review Date and Approval Date

This policy is to be reviewed annually either by the Board or a committee assigned for such purpose. Changes should be recommended and presented to the Board for approval.

Approval Date: August 22, 2026

Review Date:
