



PROCEDURES FOR INJURED/SICK PLAYERS

If you as a coach/manager have found that a player has been injured on field or away from the field and will be missing games and training due to an injury that will need doctors care, a Doctors note must be presented to allow the player back on field.

If you as a coach/manager direct a player to seek medical attention for an injury or sickness, a Doctors note must be presented to allow the player back on field.

A doctors note can be from a physician or registered physiotherapist and be on a Doctors letterhead/ prescription and be signed. This must be kept in your files.

1. A Doctors clearance note is required for all players that have been injured during Blue Devils FC games, training sessions and fitness sessions that require a physicians attention.
2. A Doctor clearance note is required for all players that have been injured away from Blue Devils Fc games, training sessions and fitness sessions. require a physicians attention.
3. A Doctor clearance note is required for any sickness such as Mono, any operations, any dental work (tooth removal) or any other physician involved absence.

CONCUSSION POLICY

All active members of the Blue Devils FC shall have a Concussion Management Plan for registered players and their families. The plan shall include, but is not limited to, the following:

1. Annually ensure players, with their parent(s)/ guardian(s) if the player is under the age of 18, are educated about the signs and symptoms of concussions. Players, with their parent(s)/ guardian(s) if under the age of 18, must acknowledge that they have received information about the signs and symptoms of concussions and that they have a responsibility to report concussion-related injuries and illnesses to an independent medical professional.
2. Ensure players, with their parent(s)/ guardian(s) if the player is under the age of 18, who exhibits signs, symptoms or behaviours consistent with a concussion shall be removed from athletic activities (e.g., competition, practice, or physical conditioning sessions) and assessed by an independent medical professional with experience in the evaluation and management of concussions.
3. Requires medical clearance for a player, with their parent(s)/ guardian(s) if the player is under the age of 18, diagnosed with a concussion to return to athletic activity (e.g., competition, practice, or physical conditioning sessions) as determined by the independent medical professional
4. Requires players, with their parent(s)/ guardian(s) if the player is under the age of 18, diagnosed with a concussion to provide written evidence of medical clearance to the team's coach and also the local club, youth district, or adult league before returning to athletic activity (e.g., competition, practice, or physical conditioning sessions)



INJURY PROTOCOLS, PREVENTION, ASSESSMENT, TREATMENT AND RETURN TO PLAY

FIFA 11+

The Blue Devils FC routinely incorporates the FIFA 11+ warm up guide into team warm ups to reduce on and off field injuries. Please see the description and link to the guide below. This year we will be including this guide into the Coaches Booklet for distribution.

11+ is a complete warm-up program to reduce injuries among male and female football players aged 14 years and older. Teams that performed 11+ at least twice a week had 30 – 50% less injured players. The program should be performed, as a standard warm-up, at the start of each training session at least twice a week and takes around 20 minutes to complete. Prior to matches only the running exercises (parts 1 and 3) should or may be performed. Please see the Fifa 11+ Guidelines.

HEAD INJURY PROTOCOL:

All Player and Parents when registering for each season must read and sign that they understand the Concussion Protocol Guide in the Blue Devils SportsNgin registration system. This is a comprehensive guide to understanding head injuries based on the links below. **This guide is based on the Concussion Protocols of Soccer Canada and Ontario Soccer guidelines.**

- **Soccer Canada** has produced a Concussion Policy - https://www.canadasoccer.com/files/2018_Concussion_Policy_Digital_2.pdf
- Ontario Soccer has adopted the Concussion Policy from Soccer Canada -
- <http://www.ontariosoccer.net/player/sports-medicine/concussions>

INJURY ASSESSMENT AND RETURN TO PLAY POLICY:

All injuries requiring an athlete to be removed from the game or training session, shall be assessed by the Athletic Therapist on-site and the necessary treatment provided. If the Athletic Therapist is not present at the game or training session, a team personnel certified in First Aid with CPR/AED will secure the athlete, provide any possible first aid, communicate with the parent (if required)

RETURN TO PLAY

If you as a coach/manager have found that a player has been injured on field or away from the field and will be missing games and training due to an injury that will need doctors care, a Doctors note must be presented to allow the player back on field.

If you as a coach/manager direct a player to seek medical attention for an injury or sickness, a Doctors note must be presented to allow the player back on field along with a Return to Play form.

1. A Doctor clearance note OR the Canadian Soccer Association Return to play form is required for all players that have been injured away from BDFC/OBD games, training sessions and fitness sessions. require a physicians attention.
2. A Doctor clearance note is required for any sickness such as Mono, any operations, any dental work (tooth removal) or any other physician involved absence
3. A return to play form must be filled out and submitted to the coach who will submit this to Admin.



Date:

RETURN TO PLAY

This release is to certify that _____ (players name) has been
examined and:

_____ is unable to return to play until further notice.

_____ may return to full play.

Name of Doctor: _____

Signature: _____

Date: _____



ACCIDENT/ INJURY REPORT FORM

Note: Use this form to report any accident, injury or property damage

Location (Be specific, location, field number)	
Date of incident:	Time of incident:

PERSONAL INJURY (check as appropriate) player <input type="checkbox"/> coach <input type="checkbox"/> other <input type="checkbox"/>	
Last Name:	First Name:
Street Address:	
City:	
Phone Number:	Birthdate: Male <input type="checkbox"/> Female <input type="checkbox"/>
Name of Parent contacted (if under 18)	
Nature of injury:	

INCIDENT (check as appropriate) property damage <input type="checkbox"/> other <input type="checkbox"/>
Nature of incident:

Describe in detail how the injury/incident occurred: _____

Medical Assistance Provided (indicate if refused): _____

Witnesses		
Name	Address	Phone Number

Report Completed by: _____

Coaches Signature: _____

Note: Report must be completed and submitted into the Oakville Blue Devils/Blue Devils FC within 30 days of the injury/incident.

admin@bluedevils.ca