



Guelph Minor Football Association
100 Crimea St., Guelph, ON N1H 2Y6
E: info@guelphminorfootball.net
Website: guelphminorfootball.net

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Injury and Return to Play Policy

At GMFA, we prioritize the safety and well-being of our players. In the event of an injury, we have established the following policy for the player's recovery and safe return to play:

1. **Reporting Injuries:** Players who sustain an injury during practice or a game must immediately report the injury to their coach, manager or trainer. This includes any incidents of concussion, regardless of severity.
2. **Evaluation:** The trainer will evaluate the injury and determine if the player requires medical attention. If necessary, the player's parents or guardians will be contacted and advised to seek medical attention.
3. **Medical Clearance:** Players who have sustained an injury that required medical attention must obtain clearance from a qualified medical professional before they are allowed to return to play. The player's medical clearance must be presented to the coach or a member of the coaching staff, as well as the trainer, prior to returning to practice or game play.
4. **Return to Play Protocol:** For players who have suffered a concussion, we follow a strict return to play protocol that complies with provincial and Football Canada regulations. This includes a gradual increase in physical activity and monitoring of symptoms.
5. **Timeframe for Return:** The timeframe for a player's return to play will depend on the nature and severity of the injury. Players must be symptom-free for at least 24 hours and have obtained medical clearance before returning to practice or game play.
6. **Injured Player's Role:** Players who are injured and unable to participate in practice or game play are still expected to attend and support their team to the best of their ability. They may participate in non-physical activities, such as film study, game planning, or leadership meetings, as directed by the coaching staff.
7. **Parent/Guardian's Role (Presumption of Care):** Once a parent or guardian is made aware of their athlete's injury, it is acknowledged that they are a key decision maker regarding the player's injury and return to play. The trainer will provide a medical assessment as they see it but the parent/guardian may get a second opinion, if they wish:
 - a. If the parent/guardian believes the injury is **more severe** than the trainer has diagnosed, they may seek their own medical evaluation. If they so choose, they may withdraw their athlete from activities, in accordance with a more conservative return to play plan.
 - b. If the parent/guardian believes the injury is **less severe** than the trainer has diagnosed, they must seek a second medical opinion before the trainer's evaluation and return to play guidance can be overruled. Written documentation from a doctor will be required.



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We take the safety of our players seriously at GMFA and are committed to providing a safe and healthy environment for all players. By adhering to our injury and return to play policy, we can help ensure the long-term health and well-being of our players.