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Safety

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Eighth Edition

The Think First Concussion Road Show Seminar

Submitted by: Lois Kalchman

Dan Nicoletti talked about the ringing in his head and seeing six skaters where there should have been one after suffering his career-ending concussion — an injury that ended his dream of playing for the Windsor Spitfires in the OHL and a chance to go to the NHL. Nicoletti and sportscaster Nick Kypreos, an ex-Toronto Maple Leaf, shared their stories about suffering concussions in front of hundreds of people at the Air Canada Centre in Toronto on November 18.

The Dr. Tom Pashby Sports Safety Fund registered more than 800 coaches, trainers, chiropractors, and other participants interested in a seminar about concussions led by top experts. Dr. Karen Johnston, a neurosurgeon and consultant to the IIHF, NHL, NHLPA and IOC, Dr. James Kissick, a past physician with the Ottawa Senators, and Paul Dennis, director of player development for the Toronto Maple Leafs as well as a former minor and junior coach lectured on different aspects of diagnosing, treating and returning to play after suffering a concussion.

Dr. Paul Piccininni, also with the IIHF, addressed the mouth guard controversy explaining that while many hockey leagues make them mandatory there is no solid proof that they actually prevent concussions. However, he argued that if properly fitted a mouth guard will definitely help to prevent dental injuries and may help to avoid concussions.

“An athlete is 60 percent more likely to sustain damage to the teeth when not wearing a mouth guard,” he said. “It should be worn with the facial protection even during practices.” In contact sports a player has “about a 10 percent chance per season” of sustaining an injury to the mouth or face.

Custom-made mouth guards are the most efficient, and

are what is recommended by Hockey Canada. Piccininni warned if players are wearing over-the-counter or boil and bite style mouth guards they should not bite through the soft material because it takes away the cushion between the teeth that offers protection.

"Dings matter," said Johnston, the neurosurgeon. She emphasized that it's not necessary to be unconscious to have suffered a concussion and when players should return to play is strictly a medical decision.

Former Senators' physician Kissick was adamant that if a trainer suspects a concussion "take him (or her) out of the game." He reviewed available protection and noted that helmets were designed to prevent skull fractures not concussions.

The Maple Leafs' Dennis suggested that athletes mask symptoms because they want to "please their coach" and worry about a lost opportunity if OHL, NHL or college scouts are at a missed game.

It was IIHF chief medical officer Dr. Mark Aubry who offered the one thing all players can do to help protect themselves from all injuries — respect opponents. This theme was mentioned throughout the seminar. Aubry also noted that at every IIHF event, and when teams practice, the word "respect" is on the back of every shirt.

For more information about the Dr. Tom Pashby Sports Safety Fund please visit www.drashby.ca or the Think First Foundation of Canada at www.thinkfirst.ca. 

THE FOUR R'S

1. Respect for all players, especially yourself
2. Read the concussion card
3. Recognize the symptoms of concussion
4. React to it

PREVENTION FOR PLAYERS

1. Respect all players, coaches and officials.
2. Make sure your hockey helmet fits and is fastened properly.
3. Be aware — play heads-up hockey.
4. Wear a properly fitted mouth guard.
5. Always use correct body checking techniques and never hit another player from behind or in the head.

ALERT — Repeat concussions can severely affect your lifestyle. It's a Hockey Canada Policy not to send a player back on the ice unless that player has fully recovered.

Hockey Canada's National Hockey Parents' Day


SATURDAY NOVEMBER 4, 2006

On November 4, 2006, Hockey Canada engaged minor hockey across Canada in National Hockey Parents' Day. This included offering free seminar kits, with the support of GM Canada and the Chevrolet Safe Fun Hockey Program, designed to help parents make the game safe and fun for all participants.

As part of this day, Hockey Canada also teamed up with GM Canada and the Chevrolet Safe & Fun Hockey Program to introduce the new Parent Pin that encourages respect and responsibility in the game. The pins will be distributed at Chevrolet Safe & Fun Hockey jamborees and festivals. It is something parents can wear proudly to reflect their belief in the positive values and philosophies of the game.



The New Parent Pin!

Hockey Canada appreciates the importance of parents and continues to work with programs such as the Chevrolet Safe & Fun Hockey Program to create strong partnerships with the great parents who support their kids' involvement in hockey. Please visit www.safeandfunhockey.ca or www.hockeycanada.ca for more information. 

Other Great Ways National Hockey Parents' Day was Celebrated Across Canada

- Teams created banners to thank parents for being a positive part of their hockey experiences.
- Meetings were held with parents on National Hockey Parents' Day — providing a chance to discuss hockey over coffee and donuts.
- Players got pucks wrapped in white hockey tape so they could decorate them and write messages to their parents thanking them for letting them play hockey and for being a positive hockey parent.

To find out more about various parent programs, please visit hockeycanada.ca. 

As part of the celebration during Hockey Canada Week, Hockey Canada recognized parent involvement in hockey by having parents take the "Parent Pledge." By reconfirming the 10 ways that they can be great hockey parents they became eligible to win a prize package consisting of Team Canada apparel. A prize was awarded to one family in each of the 13 Hockey Canada Branches.

The Hockey Canada Parent Pledge asks parents to:

- Get involved with their son or daughter's team in a positive way
- Let their son or daughter know they enjoy having them involved with the game
- Not lose perspective, and to emphasize the values associated with the game
- Be supportive and not let expectations become a burden on their son or daughter
- Model respectful behaviour for their son or daughter
- Be there for their child whether they win or lose
- Make safety, respect, fair play and fun a priority
- Support their child emotionally
- Encourage their child to participate but avoid pressuring them to play the game
- Communicate with their son's or daughter's coach professionally and effectively


Congratulations to all the winners and to all the parents who took the pledge to be involved in minor hockey in a positive way.

OWHA Hockey Parents Invited to Participate in Events Geared Towards Hockey Parents

The 2006 Four Nations Cup was held from Nov 7th-11th in Kitchener during Hockey Canada Week. The Ontario Women's Hockey Association, Hockey Canada and the City of Kitchener teamed up to offer many special development programs in and around the prestigious women's hockey event. OWHA Hockey Parents were invited to participate in two events geared specifically towards hockey parents.

A Chevrolet Safe & Fun Parent's Approach Seminar was offered during the 2006 Waterloo Ravens Fall Challenge tournament at RIM Park. The special one-hour session was held on Saturday, November 4th to help celebrate Hockey Canada's National Hockey Parent's Day. The seminar featured a PowerPoint presentation focusing on the parents' role in the game and the importance of positive support for all participants. The new Hockey Canada Chevrolet Safe & Fun "Parents" pin was launched at this event. Hockey Parent's Day was celebrated with cake and refreshments.

The second program for hockey parents was held on Saturday, November 11th at The Aud in Kitchener. A Hockey Parents Workshop was offered and OWHA Hockey Parents were invited to participate in a morning of discussion and sharing of ideas in an informal environment. Hockey Canada and the OWHA were excited about having parents provide valuable feedback on selected areas of the game involving Parents and Players. Feedback from all participants in the game, including parents, is important as the game continues to grow. Participants from the workshop received the new Hockey Canada Parent's pin plus tickets to the 4 Nations Cup bronze medal match, which followed the workshop. The workshop was also held in conjunction with the annual Kitchener Lady Rangers FallFest tournament.

"The OWHA was pleased to co-host these special sessions for our Hockey Parents," said Fran Rider, OWHA Executive Director. "Parents are a valuable part of our Association and through these programs we had an opportunity to recognize their contributions and to share ideas on female hockey." 

Preventable Eye Injuries - No Laughing Matter

*Thanks to CSA for allowing the reprint
of this information*

One need not be an avid hockey fan to appreciate the horror of facial injuries in recent years: a puddle of blood gathers on the ice under the face of Toronto Maple Leafs' defenseman Bryan Berard, his eye slashed by a high stick; the career-ending eye injury suffered by Maple Leafs coach Paul Maurice when he was a player; or the broken orbital bone suffered by Toronto captain Mats Sundin to start the 2005-06 season. Even the hockey's most ardent fans will acknowledge that those incidents cross the line from a run-of-the-mill injury in a hard-fought game to something more, something too gruesome to be entertaining.

In 1972, the Canadian Hockey Association (CHA), which governs amateur hockey across the country, mandated that all players wear CSA-certified protective helmets and face masks. Since that time, the number of CHA (now Hockey Canada) registered players has increased by almost 100,000 while the number of eye injuries has dropped from 290 per year to less than 10. In 1972, 43 players were partially blinded. By 2001, that number had dropped to two.

"Losing sight, even a fraction of it, can have devastating consequences," says Robert M. Griffin, President and CEO, CSA Group. "The sad truth is that most of these injuries are completely avoidable, as evidenced by the fact that the number of eye injuries has dropped dramatically since 1972."

From 1972 to 2002, a total of 311 hockey players' eyes were blinded. It is important to note that not one of these injuries was suffered by a player wearing a CSA-certified full-face protector. However, during the past few hockey seasons, nine players have suffered a blinding injury while wearing certified visors (half shields). In all cases, it is suspected the visors were not properly positioned. Helmets must be secured to the head by a taut chin cup, not a loose neck strap.

In 1981, the Canadian Hockey League, which oversees junior hockey players, mandated that all players must wear CSA-approved helmets and visors. It is estimated that 90 per cent of all sports eye injuries can be prevented with proper use of the right equipment.


"When so much of what we do on a day-to-day basis requires our eyes – from driving to reading to playing many sports – protecting your eyesight should be a top priority," says Griffin.

In 1975, Dr. Pashby was named chair of the Canadian Standards Association committee that approved hockey and box lacrosse equipment. In conjunction with CSA, new Canadian Standards for hockey helmets were developed.

In 1959, Dr. Pashby's eldest son hit his head on the ice while playing in a hockey game. Suffering a concussion, he was rushed to the Hospital for Sick Children. He recovered, but the incident forever changed the focus of Dr. Pashby's medical and personal life.

He immediately realized the potential for serious, even fatal injuries that could result from playing hockey. He began to look for statistics indicating serious injuries involving amateur and professional athletes. His findings motivated him to begin research into the construction of a helmet that would protect hockey players from head injuries. As a consulting physician with the Toronto Maple Leafs, he imported a polycarbonate helmet from Sweden, convincing his son to wear it during a game. It is believed to be the first time a player wore a helmet in the Toronto Hockey League (now the Greater Toronto Hockey League). The original "white eggshell" headgear is now in the Hockey Hall of Fame.

The Canada Safety Council suggests players:

- Look for the CSA mark. This assures the helmet and face protector meet or exceed existing CSA safety standards.
- Make sure the equipment fits properly. The helmet should fit snugly; secure it to the head by a taut chin cup. The face protector can be fastened to the helmet.
- Practise wearing your new face protector with the helmet before using it in a game. For instance, watch television with it on, to get used to seeing through the mask.
- Never tamper with your equipment. Cutting the wire of a face mask dangerously weakens the whole structure - CSA certification assures protection with good peripheral vision. Loose chin straps or a thin liner reduces a helmet's ability to prevent a concussion.
- Make sure the wire structure on your face protector is solid and there are no broken wires.
- Inspect plastic visors or protectors for scratches (which may limit vision) or cracks (which weaken the structural strength).
- If your helmet is cracked, discard it. CSA-certified hockey helmets can sustain more than one impact, but a crack signals very serious damage. 

FAQ About Hockey Canada's Insurance Program

Where are the forms to be submitted?

The Hockey Canada Insurance Claim Forms are available from your Local Association or your Branch Office. Once the form has been fully filled out, the form should be sent directly to the Branch Office within 90 days of the incident. The form will then be forwarded to Hockey Canada for processing.

How long does it take to process the claim?

The time required to process the claim will vary due to the type of claim made. This process could take 4 – 6 weeks. Branches are advised as to the status of each claim through periodic reports from Hockey Canada. Certainly the time of year impacts on the speed of the process.

How do I attach a receipt to a claim that has already been submitted?

If receipts are available after the claim has been forwarded to Hockey Canada, the receipts can be sent to the Branch office or Hockey Canada to be attached to the submitted claim. The original receipts should make specific mention of the individuals' name, date of accident, and Minor Hockey Association as identified on the original claim.

Are named and unnamed volunteers covered to go on the ice?

Only those volunteers that have been placed on the Local Association or Club lists approved by the Local Association and forwarded on to the Branch are insured for on and off-ice activities within the direct approved operations of the association.

Are off-ice officials covered? For what?

Yes, if they appear on the approved list of volunteers that the Local Association or Club recognizes. This list should be forwarded to the Branch. Once added to the MHA list the off-ice official is covered as all other approved volunteers are, under the same coverage and limits. For on-ice activities, these volunteers are not covered. (For example if they decide to help out at practice on the ice.)


Is there an information package available that could be sent to Local Associations?

Yes, each year Hockey Canada publishes "Safety Requires Teamwork" a booklet which outlines the Hockey Canada Insurance Program. This booklet is available through your Local Minor Hockey Association or Branch. It is also available at www.hockeycanada.ca

Why do I have to submit to my own insurance company first when it is a hockey injury?

The Hockey Canada Insurance Program is designed to be a secondary insurer for our participants. The policy is structured in a way that the participant's insurance pays first and Hockey Canada Insurance pays second. The premiums you pay are based on this and it is in an effort to keep your insurance costs down.

Why can't I get my salary replaced if I can't work because of a hockey injury?

Currently the Hockey Canada Insurance Program does not have a provision under the policy for income replacement. This type of insurance is costly and applies to a small percentage of players in Hockey Canada. 

Off-Ice Safety

Risk management is an ongoing process that does not start or end with on-ice activities.

Areas of risk include:

- The dressing room/facility
- Travel
- Off-ice training and team activities

Dressing Room

- Ensure that as team officials you establish strict rules against horseplay in the dressing room, that the dressing room floor is free from debris, and players are cautioned against walking around while wearing skates.
- If you work with a team that includes both males and females, ensure that any separate dressing areas are safe and supervised.
- Integrated teams (teams with males and females) must have comparable facilities for both genders. In the event that shower/dressing rooms are limited, each gender should take turns using the shower/dressing room.
- Ensure that hallways leading to the playing area feature rubber padding or another non-slip surface for players to walk on. Also ensure that this surface is free from debris, bumps or ruts and that proper lighting is in use.
- Dressing rooms should be kept to safe standards: well lit, appropriately heated, maintained and regularly cleaned. In most cases, this is the responsibility of the facility staff. However, the dressing room should be maintained with the following in mind:
 - The locker room should be cleaned and disinfected daily (including lockers and benches).
 - The floor should be damp mopped daily.
 - Carpeted areas should be vacuumed daily (antifungal carpets are recommended).
 - Any concerns should be reported to facility staff and followed up in writing to your association.

- Know the location of all fire exits, first aid/treatment rooms and First Aid Kits within every arena facility.


Travel/Road Trips

- Never have alcohol in your possession or allow any player or team staff member to have alcohol in their possession while traveling to and from the arena or at the arena.
- Never allow anyone who is under the influence of alcohol or drugs to participate in any hockey related activities or to operate a motor vehicle.
- Care should be exercised when allowing injured players to operate a motor vehicle.
- Before traveling to hockey-related activities monitor weather and road conditions. Never take any chances with poor traveling conditions and recruit reliable adults to transport players. Consult with the coaching staff and the team manager.
- When planning overnight trips ensure that your team rooms are all booked on the same floor or in the same area of the hotel and that players are supervised at all times by reliable, responsible adults. Know the location of all fire exits within the hotel.
- Communicate with the parents of players with special needs (e.g. asthma, food allergies) to ensure that any illnesses or other needs are attended to. If players will be staying with billets, ensure billets are aware of any special needs or illnesses and that all medicinal guidelines are followed.
- Ensure proper guidelines and ground rules are in place when players will be staying with billets, including screening of billets and rules for billets and players.
- Take your First Aid Kit and medical information files to all hockey-related activities and know emergency telephone numbers and the location of hospitals or other emergency treatment facilities where you are traveling.

Training and Other Team Activities

- Ensure that all team activities are properly sanctioned/approved by your Branch or association well in advance. Note: Sanctioned events take place within clearly defined parameters set out by your Branch and its constituents. These can include association, team and league scheduled practices, games, evaluations/tryouts and related activities.

These activities, which would qualify as “normal” hockey program delivery, all fall within the scope of regular day to day operations of a minor hockey association, team and league do not require specific sanctioning authority. Teams should contact their Branch office for approval of fundraising or any activity (i.e. dry land training) which falls outside the normal activities.

- Ensure that all off ice training sessions and activities are appropriate for the age and developmental stage of your players and that players are constantly supervised while using any equipment. Never have players run near traffic. Be familiar with the facility or terrain used for training sessions and ensure a safe environment prior to the activity (much the same as you would for any on ice activity).
- Always have sufficient amounts of cold water available for players to re-hydrate.
- All activities, which take place in a facility other than the regular “home” facility, should be scheduled in advance with players and parents/guardians. As any out-of-program contact between personnel and players runs the risk of being misinterpreted, it is recommended that personnel limit contact with players to official team activities (games, practices, training sessions, meetings and team social activities.) 

HOCKEY CANADA ADULT RECREATIONAL HOCKEY


“FINALLY, AN ADULT HOCKEY PROGRAM THAT HAS TEETH”

Attention adult recreational players! Hockey Canada is proud to have adult recreational hockey added to our overall programs.

Hockey Canada hopes to offer every adult recreational hockey player in Canada access to hockey programs across the country and around the world. Hockey Canada registration allows the players access to the tremendous resources that Hockey Canada has to offer.

The primary advantage of our programs is the competitive registration fees that Hockey Canada charges in comparison with many existing adult recreation hockey programs. In addition, the benefits of membership exceed those offered by other programs.

Another one of the advantages of registering through the Hockey Canada adult recreational program is if you’re already a Hockey Canada registered member (e.g., Coach, Trainer, or Official) you are not required to pay the \$16.15 insurance portion of the registration fee.

These are just some of the benefits of joining the Hockey Canada adult recreational program. You also become part of Canada’s national governing body of hockey. 

For more information contact:

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SafetyNet
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Proper sizing, placement and maintenance of equipment goes a long way in ensuring player safety.

As players, coaches, officials and parents we owe it to ourselves to read booklets like Hockey Canada's

Safety for All/ Safety Requires Teamwork among many others available.

Go online at www.hockeycanada.ca.

Shared respect... let's turn our attention to prevention!

- HELMET
- FACEGUARD
- MOUTHGUARD
- CHIN STRAP
- THROAT PROTECTOR
- SHOULDER PADS
- ELBOW PADS
- ATHLETIC SUPPORT/ PELVIC PROTECTOR
- WRIST PADS
- PANTS
- GLOVES
- SHIN PADS



Open, read and learn. Safety Requires Teamwork is available from your Branch, local hockey association or online at www.hockeycanada.ca. Thanks to the NHA for the completion of this poster.



Ouch Resistant

Be informed about the proper wearing of all hockey equipment.

Our Partners in Risk Management



hockeycanada.ca

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