

COHA CONCUSSION POLICY

The policy outlines clear guidelines for recognizing potential concussions during games and practices. This includes visible signs like disorientation, confusion, dizziness, nausea, or loss of consciousness.

Any player suspected of having a concussion must be immediately removed from play. This decision may be made by coaches, officials, or medical personnel present at the event.

Players with suspected concussions must undergo a medical evaluation by a healthcare professional trained in concussion management. This evaluation should occur as soon as possible following the injury.

Hockey NZ follows a strict return-to-play protocol, which outlines gradual steps for players to safely return to activity following a concussion. This protocol ensures that players are symptom-free and have received medical clearance before resuming play.

Concussions and suspected concussions are to be documented and reported to appropriate officials by filling out a simple Google form. This helps track injury trends and ensures that players receive necessary follow-up care. Here is the link to the form.

<https://docs.google.com/forms/d/e/1FAIpQLServroXLCllcf6iQ5lZTq5Ceq5AVn-rkrWjVtltQ9o21BNWDg/viewform>

For help to rehabilitate from Concussion there are several Concussion experts in Queenstown:

Axis Health Located at 120b Maori Jack Rd, Jacks Point (Mon to Fri 8am - 5pm)
(Within Queenstown Medical Centre)
P +64 3 777 4132

For sports related concussions suffered within the last 4 weeks, and for ACC you will need a referral to be completed by your GP or DHB Professional and sent in to Axis before booking with them.

The Studio Located at F/12 Twelfth Avenue, Lake Hayes
P 03 409 0078

Queenstown Concussion Clinic is an ACC-subsidised concussion service for the Wakatipu area.

Below is a link to the COHA concussion policy. This is a great reference with detailed signs and symptoms of concussion.

https://www.coha.org.nz/files/ugd/5196d8_bf9774e1e3aa454bb1ffb7703b52b142.pdf