



# THE OF POWER KNOWLEDGE

## CAHA Puts The Power Of Knowledge In The Hands Of Its Members With Concussion Safety Program *By Ryan Williamson*

### → Recipe For A First Aid Kit

Every team should have a first aid kit on hand for every practice and game. Here is a list of basic items that each first aid kit should include:

- Athletic Tape (1" and 1 1/2")
- Foam Under Wrap
- Band Aids (variety of sizes)
- Sterile Gauze Pads (4x4)
- Roll Gauze
- Wound Cleansing Solution or Saline Rinse (can use soap/water as well if these are not available)
- Alcohol/Antiseptic Wipes
- Cold Packs
- Non-Latex Disposable Gloves
- Elastic Wraps (ACE Bandages)
- Hand Sanitizer
- Paramedic Scissors
- Uniform Blood Cleaner (Hydrogen Peroxide)
- Extra Mouth Guards
- Flashlight/Penlight
- Blankets
- Parent/Guardian Contact Information
- Emergency Numbers (Local Hospital, Ambulance)

WHEN IT COMES TO CONCUSSION SAFETY, the California Amateur Hockey Association is employing a total team effort to get its members on the same page through a comprehensive concussion program.

The program launch at the start of the 2012-13 season corresponded with the California state legislature's efforts to strengthen its concussion policies in high school sports.

The CAHA concussion program focuses on both awareness and diagnosis of concussions along with stringent return-to-play guidelines. Parents and coaches must sign forms before the season saying they understand the concussion protocol and will follow it if their son or daughter suffers head trauma.

In addition, CAHA requires players who suffer concussions to be cleared by a medical professional that is specially trained in managing concussions before returning to the ice.

"We wanted to take the lead on this sort of protocol," said Steve Laing, a Pacific District director and former CAHA president. "We want to make sure we protect our players."

Jamie Campbell, a CAHA Concussion Committee member, has been part of this program since the beginning. She has seen support continue to grow, especially among coaches.

"The biggest thing is having the player to be able to look to the coach for validation," Campbell said. "If the coach understands the impact of a concussed player, that's absolutely huge."

Kevin Margarucci, manager of player safety for USA Hockey, says that CAHA's concussion education program as part of the organization's overall emphasis to make the game safer for everybody.

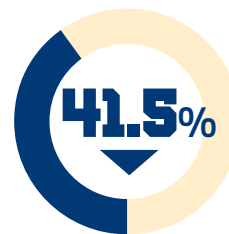
"As the national governing body for the sport of hockey, education is a big part of our mission," Margarucci said. "Everyone in the sport needs to understand the signs of a concussion and also the return-to-play protocol."

"The more educated everyone in the game is related to this topic, the better off our sport will be. We've made great progress on this front, but we all need to continue the focus."



**40 percent** of concussions in hockey are due to illegal contact

*(University of Pittsburgh)*



The rate of concussions **drops 41.5 percent** from the 12-14 age group to the 15-18 age group