



Return to Play Procedure

1. If a player (house league, development or competitive) or participant in a GSC program suffers an injury in a game or practice, s/he must stop the activity immediately and be attended to by a team official/GSC instructor. If there is any doubt as to whether the injury is serious, it is best to err on the side of caution and have the player sit out for the rest of the game/practice/program. Team officials/GSC instructors are not expected to provide medical advice. First Aid should only be administered to the level for which an individual is trained.
2. If the player/participant receives medical direction to rest from play/activity for any injury whether sustained in soccer or not, s/he must present a note signed by their medical practitioner (includes physician, nurse practitioner or physiotherapist) indicating that they are fit to return to play/activity to the team official/GSC instructor before being allowed to resume play/activity. This will include the date that the player/participant can return to play/activity. This note will be submitted to the GSC office once it has been seen by the team official/GSC instructor.
3. If the note states that the player/participant may return to play/activity within X amount of time, the GSC has the right to ask for a subsequent note to confirm that the player/participant is fit to return to play/activity at the point in time indicated in the original note before allowing the player/participant to return to play/activity.
4. If a player/participant sustains a head injury, s/he must be assessed by a medical practitioner before being allowed to return to play/activity. Return to play/activity from a head injury must also have medical authorization.
5. Any injury sustained during a game or practice that requires medical attention must be documented on a GSC Injury Report Form and that form must be submitted to the GSC office within 48 hours of when the Team official/GSC instructor becomes aware that the player/participant has received medical attention.