



Nova Elite Hockey Development Association		Team Policies & Procedures
Active Date: 07/23/2026	Page: 1 of 3	Revised Date:8/6/2026
Injury, Medical Information & Return-to-Play Policy		

Purpose

The Novas are committed to supporting player safety while recognizing that medical decisions are the responsibility of players, parents/guardians, and qualified medical professionals.

The purpose of this policy is to establish clear expectations for medical information, injury reporting, and return-to-play requirements during the season.

This policy does not replace any requirements established by Hockey Canada, Hockey Nova Scotia, the Nova Scotia U15 Major Hockey League, or any other applicable governing body.

Policy

Medical Information

Prior to the start of each season, parents/guardians are required to submit a completed Hockey Canada Medical Information Sheet for their player.

Parents/guardians are responsible for ensuring that the medical information provided to the team is accurate and current.

Any changes to a player's medical condition, medication, allergies, emergency contact information, or other relevant health information should be communicated to the team as soon as reasonably possible.

Medical information will be used only for team safety, emergency, travel, and player-support purposes, and will be shared only with those who reasonably need the information.

Injury Reporting

Players are expected to report injuries, illness, or medical concerns to their parent/guardian and the coaching staff as soon as reasonably possible.

Parents/guardians are expected to notify the coaching staff if a player is injured, ill, unavailable, or limited in their ability to participate in practices, games, training, or team activities.

The Novas rely on players and parents/guardians to make responsible decisions regarding participation when dealing with illness, soreness, minor injuries, fatigue, or other medical concerns.



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Concussions and Broken Bones

If a player suffers, or is suspected of having suffered, a concussion, the player will not be permitted to return to play until the team receives appropriate medical clearance from an approved medical provider.

If a player suffers a broken bone, the player will not be permitted to return to play until the team receives appropriate medical clearance from an approved medical provider.

Medical clearance must confirm that the player is cleared to resume hockey activity.

The Novas may require that return-to-play following a concussion also comply with any applicable Hockey Canada, Hockey Nova Scotia, league, or medical return-to-play requirements.

Other Injuries or Medical Concerns

For injuries or medical concerns other than concussions or broken bones, The Novas will generally rely on the discretion of the player and parent/guardian in determining whether the player is able to participate.

Parents/guardians are expected to act in the best interests of the player's health and safety.

Players are expected to be honest with parents/guardians, coaches, and team staff about their ability to participate.

Coach Discretion

The coaching staff may remove a player from practice, a game, training, or other team activity if they believe the player may be injured, ill, unsafe to continue, or unable to participate properly.

The coaching staff may also limit a player's participation where there are reasonable concerns about player safety, readiness, or risk of further injury.

This decision is not a medical diagnosis. It is a team safety decision.

Return to Participation

A player returning from injury or illness must be able to participate safely and effectively.

The coaching staff may gradually return a player to full participation based on the nature of the injury, length of absence, player readiness, and overall team circumstances.



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Being medically cleared to return does not guarantee immediate full participation in games, practices, contact drills, special teams, or regular team role.

Emergency Situations

In the event of an injury, illness, or medical emergency during a team activity, the coaching staff or team official may seek emergency medical assistance as appropriate.

Parents/guardians will be contacted as soon as reasonably possible.

Expectation

The Novas expect players, parents/guardians, coaches, and team officials to take injuries and medical concerns seriously.

Player safety comes first. Players must not hide injuries, minimize symptoms, or return to play before it is safe to do so.