



Documentation for a Diagnosed Concussion

Return to Physical Activity Plan

This form is to be used by parents/guardians to communicate the recovery progress of their child/ward with a diagnosed concussion.

Each stage of the return to physical activity plan should last at least 24h. If symptoms reappear or if the student/player is unable to tolerate the suggested activities at any specific stage, they should return to the previous stage. The student/player may need to move back a stage more than once during the recovery process. If signs or symptoms appear, persist or worsen, consult a medical doctor or nurse practitioner as soon as possible to discuss the next steps to follow.

Stage 6 – Light aerobic activities and/or exercises

- The student/player may start light aerobic activities and/or exercises individually with the aim of gently increasing their heart rate (e.g. stationary cycling or walking for 15-30 minutes).
- The student/player may continue with their regular learning activities

My child/ward has been symptom free after participating in light aerobic activities and/or exercises. My child/ward will proceed to Stage 7 – Sport-specific exercises and/or practice individually without contact.

Date: _____

Stage 7 – Individual sport-specific exercises and/or practice without contact

- The student/player may begin sport-specific physical activities individually without contact (e.g. skating drills in hockey, running drills in soccer or shooting drills in basketball).
- The student/player may progressively increase the duration of their workout to 60 minutes.
- Reintroduction to sporting equipment use (e.g. skates, basketball, hockey stick)
- Avoid activities that involve sudden jarring movements and head impacts (e.g. serves in volleyball, heading a soccer ball, hitting a baseball)

The student/player has successfully completed Stage 7 and is symptom free after participating in sport-specific exercises and/or practice individually without contact. The student/player will proceed to Stage 8 – Non-contact training exercises and/or team practice.

Not applicable

Date: _____

Stage 8 – Non-contact training exercises and/or team practice

- The student/player may begin activities where there is no body contact (e.g. dance, badminton, tennis); light resistance/weight training; training exercises and/or team practice.
- The student/player may progress to more complex training drills (with high speed stops, sprinting, etc.) in order to increase exercises, coordination and cognitive load (e.g. passing drills)

The student/player has successfully completed Stage 8 and is symptom free after participating in non-contact training exercises and/or team practice. The student/player will proceed to Stage 9 – Return to non-contact sports and/or team practice with contact after receiving a medical clearance from a physician or nurse practitioner.

Not applicable

MEDICAL EXAMINATION

I, _____ (medical doctor/nurse practitioner name) have examined _____ (student name) and confirm he/she continues to be symptom free and is able to return to regular physical education class/intramural activities/inter school activities in non-contact sports and full training/practices for contact sports

Medical Doctor/Nurse Practitioner Signature _____ Date: _____

Comments:

The school has been notified of the results of the medical examination (authorisation to pass to Stage 9)

Parent/guardian signature _____ Date _____

Stage 9 – Return to non-contact sports and/or team practice with contact

- The student/player may resume regular physical education/intramural activities/inter school activities which involves non- contact sports as well as full training/practices for contact sports.

The student/player has successfully completed Stage 9 and is symptom free after participating in regular physical activities which involves non- contact sports and/or full-contact practice. The student will proceed to Stage 10 - Return to Play (with contact).

Not applicable

Date _____

Stage 10 – Return to play (activities involving contact)

- The student/player may resume full participation in contact sports with no restrictions.

The student/player has successfully completed Stage 10 and is symptom free after their full participation in contact sports.

Not applicable

Date _____