

Documentation for a Diagnosed Concussion

Return-to-Sport / Physical Activity Strategy

This form is to be used by parents/guardians and schools to communicate the recovery progress of a student with a diagnosed concussion. This completed form must be copied, with the original filed and the copy provided to the parent/guardian.

Each stage of the **Return to Sport/Physical Activity Strategy** must last at least 24 hours. **If symptoms reappear or if the student is unable to tolerate the suggested activities at any specific stage, they should return to the previous stage for at least 24 hours.** The student may need to move back a stage more than once during the recovery process.

Rest

- This step is to be completed at home.
 - Rest is for 24-48 hours maximum.
 - **Cognitive Rest** – includes avoiding all activities that require concentration and attention. (e.g., reading, texting, television, computer, video/electronic games).
 - **Physical Rest** – includes avoiding participation in activities that require physical effort (e.g., training, sports, recreational activities).
 - **Social Rest** - includes limiting social interactions that may elicit or worsen anxiety, nervousness, irritability, etc.
 - Reminder: The parent/guardian must inform the school administration/designate of the results of the medical examination.
- Student's symptoms has been sufficiently improving within a 24 hour period and will proceed to Stage 1 – Symptom-limited Activity.*
- Student has been resting at home for a maximum of two days and will proceed to Stage 1 – Symptom-limited Activity.*

Date: _____

Stage 1 – Symptom-limited Activity

- This step is to be completed at home.
 - Student may participate in daily activities that do not provoke symptoms (e.g. walking, daily household tasks).
 - Students should avoid any intense physical activities.
- Student can tolerate symptom-limited activities without any new or worsening symptoms for 24 hours. Student will proceed to Stage 2 – Light Aerobic Activity.*

Date: _____

Stage 2 – Light Aerobic Activity

- The student may start light aerobic activities and/or exercises individually with the aim of gently increasing their heart rate (e.g. stair climbing, stationary cycling or walking for 15-30 minutes).
- Student can tolerate light aerobic activities without any new or worsening symptoms for 24 hours. Student will proceed to Stage 3 – Individual Physical Activity with No Contact.*

Date: _____

Stage 3 – Individual Physical Activity with No Contact

- Student may begin non-contact activities individually (e.g. skating drills in hockey, running drills in soccer, shooting hoops, target games, yoga).
 - Limited recess activities (no tag games, no catching activities, no climbing).
 - Progressively increase workout time to 60 minutes.
 - Avoid activities that involve jarring movements and head impacts (e.g. serves in volleyball, hitting a baseball, high speed stops).
 - Modified physical education class.
- The student can tolerate individual sport-specific physical activity/exercise with no contact without any new or worsening symptoms for 24 hours. Student will proceed to Stage 4 – No-contact Training Drills.*

Date: _____

Stage 4 – No-contact Training Drills

- The student may begin non-contact training activities with or without teammates (e.g. dance, badminton, tennis, light resistance/weight training, training exercises and/or team practice with no contact).
- The student may progress to more complex training drills (e.g. passing drills) and activities which involve high speed stops and sprinting to increase exercises, coordination and cognitive load.
- Recess activities can include running, games with no body contact or activities with risks of falling.
- No full participation in physical education class or intramural activities.

Student has successfully completed Stage 4 and is symptom free after participating in no-contact physical activity/training drills. The student will proceed to Stage 5 – Unrestricted Practice after receiving a medical clearance from a medical doctor or nurse practitioner.

Date _____

MEDICAL EXAMINATION

Student must receive medical clearance for sport from a medical doctor or nurse practitioner.

What if symptoms recur?

Any student who has been cleared for unrestricted practice and has a recurrence of symptoms, should immediately remove themselves from the activity and inform the teacher or coach. The student who experiences new or worsening symptoms should return to the previous stage of the **Return-to-Sport/Physical Activity Strategy** for at least 24 hours before attempting to progress to the next stage. The student may need to move back a stage more than once during the recovery process. The student must also undergo another Medical Assessment by a medical doctor or nurse practitioner before being allowed to return to unrestricted practice.

My child has been assessed by a medical doctor or nurse practitioner and has been cleared to participate in Stage 5 of the Return to Sport/Physical Activity Strategy.

Parent/guardian signature _____ Date _____

Stage 5 – Unrestricted Practice

- The student may return to training including activities involving risks of collision, fall or contact.
- The student may resume full participation in team practices which involves contact.

Student has successfully completed Stage 5 and is symptom free after participating in unrestricted practice. The student will proceed to Stage 6 - Return to Game Play and/or Competition.

Date _____

Stage 6 – Return to Game Play and/or Competition

- The student may resume regular physical education class, intramural activities and/or inter-school activities.
- The student may resume full participation in any physical activity, practice, game and/or sport competition with no restrictions.

Student has successfully completed Stage 6 and is symptom free after their full participation in contact sports. Student is permitted to return to full participation in all sport/physical activities.

Date _____