



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 step of the **Return to Sport/Physical Activity Strategy** must take a minimum of 24 hours but could last longer depending on the severity and type of symptoms present. It's acceptable for symptoms to worsen slightly with activity during Steps 1-3, so long as the exacerbation is mild and brief. **If the student's symptoms worsen more than this, they should stop the activity and reattempt the same step the next day.**

Date of the incident _____ Date of the diagnosis _____

Step 1 - Activities of daily living and relative rest

- This step is to be completed at home.
- The student may engage in activities that do not result in more than mild and brief worsening of symptoms (e.g., social interactions, light walking, housework, simple board and/or card games)
- Relative rest is for 48 hours maximum.
- Reminder: The parent/guardian must inform the school administration/designate of the results of the medical examination.

Student's symptoms have been sufficiently improving within a 24-hour period and will proceed to Step 2 – Light to moderate effort aerobic activity.

Student has been resting at home for a maximum of two days and will proceed to Step 2 – Light to moderate effort aerobic activity.

Date _____

Step 2 – Light to moderate effort 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)
- The student may gradually increase tolerance and intensity of aerobic activity by exercising up to approx. 70% of max heart rate.

Student can tolerate moderate aerobic activities for 24 hours. The student will proceed to Step 3 – Individual sport-specific activities.

Date _____

Step 3 – Individual sport-specific activities

- The student may practice sport-specific drills individually and supervised by a teacher, coach, or parent (e.g., skating drills in hockey, running drills in soccer, shooting hoops, change of direction drills).
- Avoid high-risk recess activities (e.g., dodgeball or other similar activities).
- Avoid activities involving head impacts (e.g., heading soccer balls).

Student can complete their Return-to-School Strategy and tolerate sport specific activities without any symptoms for 24 hours. The student will proceed to Stage 4 – Non-contact training drills and activities 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 after Step 3?

Any person who has been medically cleared and has a recurrence of symptom during steps 4 to 6 of the Return-to-Sport/Physical Activity Strategy, should immediately remove themselves from the activity and inform their coach, teacher, or parent/caregiver. The next day, the person should return to Step 3 to establish full resolution of symptoms with exertion. Once that is achieved, a medical clearance by a medical doctor or nurse practitioner will be required again before being allowed to return to Step 4 of the Return-to-Sport/Physical Activity Strategy.

- My child has been assessed by a medical doctor or nurse practitioner and has been cleared to participate in Stage 4 of the Return to Sport/Physical Activity Strategy.*

Parent/Guardian signature _____

Date _____

Step 4 – Non-contact training drills and activities

- The student may begin non-contact training activities with or without teammates (e.g., dance, badminton, tennis).
 - The student may participate in recess activities and physical education class with no body contact.
 - The student may progress to more challenging drills and activities (e.g., passing drills, multi-player training)
- Student can tolerate usual intensity of non-contact training drills and activities for 24 hours with no return of symptoms. The student will proceed to Step 5 – Return to all non-competitive activities.*

Date _____

Step 5 – Return to all non-competitive activities

- 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 can tolerate non-competitive, high-risk activities for 24 hours with no return of symptoms. The student will proceed to Step 6 – Return to game play and/or competition.*

Date _____

Step 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 can tolerate competitive activities for 24 hours with no return of symptoms. The student is permitted to return to full participation in all sport/physical activities.*

Date _____