



Return-to-Sport Protocol: MEDICAL NOTE

If an athlete is suspected of having a concussion, this form must be given to the parents and a physician must sign this form before the player is allowed to return to activity.

Skater's Name: _____

PHYSICIAN- INITIAL ASSESSMENT: Please select one of the following.

No concussion – player may return to:

- regular practices
- all training
- competitions

Physician signature: _____

Date: _____

Comments:

Suspected concussion – no activity until symptoms & signs have completely resolved.

Physician signature: _____

Date: _____

Comments: _____

RETURN TO PLAY PROCESS:

The skater/parent/guardian must show this completed form to their coach.

When a concussion is suspected by a physician, the player and parent(s)/guardian(s) monitor symptoms and signs of a concussion. As a part of this monitoring, the parent/guardian should communicate regularly with coach throughout steps 1-6. It is very important that a skater not do any physical activity if she has any signs or symptoms. The 'return to play' process is gradual and must follow the steps as outlined here.

It is important to note that typical recovery times vary from person to person, and that some individuals may require more time to progress through the graduated return-to-sport steps.

The graduated return-to-sport steps may include the following activities. It is typically recommended that an athlete with concussion rest for 24 to 48 hours before beginning Step 1.

	Activities	Goal of Step	Duration
STEP 1: Symptom-limiting activities	Daily activities that don't make symptoms worse, such as moving around the home and simple chores	Gradual reintroduction of daily school, and work activities	At least 24 hours
STEP 2: Light aerobic activity	Light activities such as walking or stationary bicycle at slow to medium pace for 10 to 15 minutes	Increase heart rate	At least 24 hours
STEP 3: Sport-specific exercise	Individual physical activity such as running or skating No contact or head impact activities	Add movement	At least 24 hours
STEP 4: Non-contact training, practice drills	Harder training drills Add resistance training (if appropriate)	Exercise, coordination and increased thinking	At least 24 hours
STEP 5: Unrestricted Training & Practice	Unrestricted training and practice- with contact where applicable	Restore confidence and assess functional skills	At least 24 hours Obtain clearance from physician or nurse practitioner before unrestricted training, practice or competition
STEP 6: Return-to-Sport	Unrestricted competition		

PHYSICIAN VISIT FOR THE RETURN TO UNRESTRICTED PARTICIPATION:

Concussion symptoms and signs have gone. Skater may return to participation in all physical activities.

Physician signature: _____

Date: _____

Comments:
