



RETURN TO SPORT COMMUNICATION TOOL

Based on Consensus Statement on Concussion in Sport – 5th international conference, Berlin 2016

****Step 1 is to start following an initial rest period of 24-48 hours****

Date of Concussion: _____

STEP 1: –Symptom-limiting physical and cognitive activities (conserve energy)

Symptom-free for 24 hours?

“RECOVERY”

Yes: Begin Step 2

No: Continue participating in symptom-limiting activity

Time and date completed / parent initials: _____

STEP 2: – Light aerobic exercise off ice (walking, stationary cycling); <70% HR

Symptom-free for 24 hours?

“INCREASE HEART RATE”

Yes: Move to Step 3

No: Return to Step 1

Time and date completed / parent initials: _____

STEP 3: – Sport-specific exercise away from practice (cardio/skating; stick handling, shooting exercises);

NO CONTACT

Symptom-free for 24 hours?

“ADD MOVEMENT”

Yes: Move to Step 4

No: Return to Step 2

Time and date completed / parent initials: _____

STEP 4: – Non-contact drills; “on ice” practice such as skating, passing, shooting drills, other activities with **NO CONTACT**; may start resistance training / core strengthening

Symptom-free for 24 hours?

“EXERCISE, COORDINATION, COGNITIVE LOAD”

Yes: Move to Step 5

No: Return to Step 3

Time and date completed / parent initials: _____

MEDICAL CLEARANCE REQUIRED BEFORE MOVING TO STEP 5 – Date: _____

STEP 5: – Following medical clearance; full-contact “on ice” practice

Symptom-free for 24 hours?

“RESTORE CONFIDENCE, ASSESS FUNCTIONAL SKILLS”

Yes: Move to Step 6

No: Return to Step 4

Time and date completed / parent initials: _____

STEP 6: – Return to play

“NORMAL GAME PLAY”

NOTE: Each step must take a minimum of 24 hours; if any symptoms come back at any step, **STOP** the activity immediately, rest at least 24 hrs, resume activity at the previous step.

****Do not return to sport until cleared by a medical doctor or nurse practitioner**; documentation from any other source will not be accepted.**