



## TLGHA Return-to-Play Form

- An initial period of 24-48 hours of both physical and cognitive rest is necessary before starting the Return to Sport Protocol.
- There should be at least 24 hours (or longer) for each step of the progression. If any symptoms worsen during the activity of the stage, the athlete should go back to the previous step.
- Medical clearance by the physician who managing the concussion protocol is required prior to Stage 6 Return to Sport. At Stage 5 the treating Physician may sign this form or provide clearance on a script or other note that they use.
- For further resources please refer to:
- [TLGHA Website Concussion Resources](#)
- [Ministry of Tourism, Culture and Sport Concussion Resources](#)
- [Parachute Canada Concussion Resources](#)
- [Holland Bloorview Concussion and You Handbook](#)

### ***Acknowledgement:***

\*McCrory P, Meeuwisse W, Dvorak J et al. Consensus Statement on Concussion in Sport: The 5th International Conference on Concussion in Sport held in Berlin, October 2016.

\*Holland Bloorview Concussion Centre

### **Stage 1: Rest and Energy Conservation**

- Follow your health care provider's advice.
- Rest your brain and body for 24-48 hours minimum.
- Refer to the resources listed above.

### **Stage 1: Signature of Completion**

I confirm that \_\_\_\_\_ completed Stage 1 for minimum of 24 hours with no symptoms on \_\_\_\_\_  
Date

\_\_\_\_\_  
(Player Signature)

\_\_\_\_\_  
(Parent Signature)

**Stage 2: Light General Exercise**

- Athlete should be working toward return to school/learn
- This stage involves light aerobic activity. Walking or light stationary cycling at slow to medium pace. No resistance training.
- Goal is to increase heart rate.

**Stage 2: Signature of Completion**

I confirm that \_\_\_\_\_ completed Stage 2 for minimum of 24 hours with no symptoms on \_\_\_\_\_  
Date

\_\_\_\_\_  
(Player Signature)

\_\_\_\_\_  
(Parent Signature)

**Stage 3: Sport Specific Exercise**

- Running or skating drills.
- Stick handling or shooting.
- No head impact activities.
- Goal is to add movement, balance, coordination and direction changes.

**Stage 3: Signature of Completion**

I confirm that \_\_\_\_\_ completed Stage 3 for minimum of 24 hours with no symptoms on \_\_\_\_\_  
Date

\_\_\_\_\_  
(Player Signature)

\_\_\_\_\_  
(Parent Signature)

**Stage 4: Non-contact Training Drills**

- Harder training drills i.e. passing drills.
- May begin progressive resistance training i.e. Core and neck strengthening exercises.
- Goal is exercise, coordination and increased thinking.

**Stage 4: Signature of completion**

I confirm that \_\_\_\_\_ completed Stage 4 for minimum of 24 hours with no symptoms on \_\_\_\_\_  
Date

\_\_\_\_\_  
(Player Signature)

\_\_\_\_\_  
(Parent Signature)

**Stage 5: Full Practice \*\*Must receive medical clearance at this stage**

- Following medical clearance, participates in normal training activities.
- Full practice, no scrimmage.
- Goal to restore confidence and assess functional skills by coaching staff.

**Stage 5: Signature of Completion \*\*Must have medical doctor sign or provide other note**

I confirm that \_\_\_\_\_ completed Stage 5 for minimum of 24 hours with no symptoms on \_\_\_\_\_  
Date

\_\_\_\_\_  
(Player Signature)

\_\_\_\_\_  
(Parent Signature)

\_\_\_\_\_  
(Medical Doctor Managing Concussion)

**Stage 6: Return to Sport**

- Normal Game Play