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| Stage | Description | Date Stage Completed |
| 1. | After an initial short period of rest of 24-48 hours, light cognitive and physical activity can be initiated as long as they don’t worsen symptoms. A physician, preferably one with experience managing concussions, should be consulted before beginning a step-wise return to learn and sport strategy.   1. Has been assessed by physician. 2. Return to Learn Completed (Return to regular school without accommodation). 3. SCAT5 Repeated and Consistent with Baseline (Woolwich PT)   Physiotherapist Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 2. | Light aerobic exercise, such as walking or stationary cycling. Monitor for symptoms and signs. No resistance training or weight lifting (Eg. No dry land training). | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 3. | Sport specific activities and training (e.g. skating only). | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 4. | Drills without body contact (Eg. Flow drills, passing and shooting drills). May add light resistance training and progress to heavier weights (Eg. Dry land training). | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
|  | **Physician Clearance to Proceed to Stage 5**  **Note required from Physician to team trainer for return to Full Practice (obtain form from WMH website).** | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 5. | Full Practice. Begin drills with body contact (ex. scrimmage, battle drills, 2 on 1 drills). | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 6. | Game play. | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Players should proceed through return to play steps only when they do not experience symptoms or signs and the physician has given clearance. Each step should be a minimum of one day. If symptoms or signs return, the player should return to step 1, and be re-evaluated by a physician.