

Return to Sport Protocol: *Think Canada - Six Step Process Post Concussion:*

MEDICAL CLEARANCE BY A MEDICAL DOCTOR OR NURSE PRACTITIONER IS REQUIRED BEFORE ATHLETE RETURNS TO PLAY

Think First Canada and the OBHA have provided a six (6) step process to evaluate readiness before an athlete can return to play. The OWBHL abides by this process. These measures are provided as a learning tool to assist an individual in understanding the level of activity during rehabilitation. The steps are as follows and should only be undertaken with medical approval:

Step 1: No activity, only complete rest.

Limit school, work and tasks requiring concentration. Refrain from physical activity until symptoms are gone. Once symptoms are gone, a physician, preferably one with experience managing concussions, should be consulted before beginning a step wise return to play process.

Step 2: Light aerobic exercise.

These activities include: walking or stationary cycling. The player should be supervised by someone who can help monitor for symptoms and signs. No resistance training or weightlifting. The duration and intensity of the aerobic exercise can be gradually increased over time if no symptoms or signs return during the exercise or the next day.

If Symptoms become evident? Return to rest until symptoms have resolved. If symptoms persist, consult a physician.

No symptoms? Proceed to Step 3 the next day.

Step 3: Sport specific activities.

Activities such as stationary passing, stick handling or shooting can begin at step 3. There should be no body contact or other jarring motions such as high-speed stops.

Symptoms? Return to rest until symptoms have resolved. If symptoms persist, consult a physician.

No symptoms? Proceed to Step 4 the next day.

Step 4: Begin drills without body contact.

Symptoms? Return to rest until symptoms have resolved. If symptoms persist, consult a physician.

No symptoms? The time needed to progress from non-contact exercise will vary with the severity of the concussion and with the player. *Proceed to Step 5 only after medical clearance.*

Step 5: Begin drills with body contact.

Symptoms? Return to rest until symptoms have resolved. If symptoms persist, consult a physician.

No symptoms? Proceed to Step 6 the next day.

Step 6: Game play.