

## Concussion Management Protocol - Return to Sport Strategy

Guided by the BCPFA's Concussion Policy, the Westshore Football Association (WSFA) requires any player who has sustained an injury with the potential for concussion to follow this Return to Sport strategy.

### DATE OF INJURY/INCIDENT:

- WSFA to complete an Injury Report and provide player with a Medical Assessment form
- **Player/patient must be assessed by a physician/nurse practitioner** as soon as possible.
  - Medical Assessment form to be completed by physician/nurse practitioner.
- Email copy of doctor's note and/or Medical Assessment to [WestshoreFA@gmail.com](mailto:WestshoreFA@gmail.com) and the team Manager ([WestshoreWarriorsAtomTeam@gmail.com](mailto:WestshoreWarriorsAtomTeam@gmail.com), [WestshoreWarriorsPWTeam@gmail.com](mailto:WestshoreWarriorsPWTeam@gmail.com) or [WestshoreWarriorsJBTeam@gmail.com](mailto:WestshoreWarriorsJBTeam@gmail.com))

**STEP 1: BEGINS WITHIN 24 HOURS OF INJURY**, with progression through each subsequent step taking a minimum of 24 hours.

*Note: a player/patient's progress through the return to sport stages is unique to the individual. After Stage 2, if new or worsening symptoms are experienced, the patient may need to return to the previous stage for 24 hours and consider reassessment by their physician/nurse practitioner.*

**STEP 3:** If the player/patient is not experiencing new or worsening symptoms, they may return to the field to participate in practices - **CONDITIONING ONLY, NO GEAR**. Players at the field in Steps 3 - 5 will wear a green pinny to help flag other players that they are in concussion protocol.

**STEP 4: MEDICAL REASSESSMENT REQUIRED** for the player/patient to participate in practices **IN GEAR, NO CONTACT**.

**STEP 5:** If the player/patient is not experiencing new or worsening symptoms, they may participate in contact practices. **CONTACT practice(s), NO games**.

**STEP 6 RETURN TO SPORT:** If the player/patient is not experiencing new or worsening symptoms, and **they have participated in AT LEAST 2 CONTACT practices**, they may fully participate in practices and games. The Head Coach may require the player/patient to participate in additional contact practices before game play.

**Return to Sport** | This tool is a guideline for managing an individual's return to sport following a concussion and does not replace medical advice. Timelines and activities may vary based on direction from a doctor, nurse practitioner, or licensed healthcare professional with relevant training. Begin Step 1 within 24 hours of injury, with progression through each subsequent step taking a minimum of 24 hours.

STEP 1:	STEP 2:	STEP 3:	STEP 4:	STEP 5:	STEP 6:
<b>Activities of daily living and relative rest*</b> <ul style="list-style-type: none"> <li>• Maximum of 24-48 hours</li> <li>• Activities at home such as social interactions and light walking that do not result in more than mild and brief** exacerbation (worsening) of concussion symptoms.</li> </ul> <b>Examples:</b> <ul style="list-style-type: none"> <li>• Preparing meals</li> <li>• Housework</li> <li>• Light walking</li> </ul> <ul style="list-style-type: none"> <li>• Minimize screen time for first 24-48 hours following concussion.</li> </ul>	<b>2A: Light effort aerobic exercise</b> <ul style="list-style-type: none"> <li>• Up to approximately 55% of maximum heart rate (predicted according to age - i.e. 220-age).</li> <li>• In a safe and controlled environment, engage in light aerobic exercise.</li> </ul> <b>Examples:</b> <ul style="list-style-type: none"> <li>• Stationary cycling</li> <li>• Walking at slow to medium pace</li> <li>• Light resistance training that does not result in more than mild and brief** exacerbation (worsening) of concussion symptoms.</li> </ul>	<b>2B: Moderate effort aerobic exercise</b> <ul style="list-style-type: none"> <li>• Up to approximately 70% of maximum heart rate (predicted according to age - i.e. 220-age).</li> <li>• Take a break and modify activities as needed with the aim of gradually increasing tolerance and the intensity of aerobic activities.</li> </ul>	<b>Individual sport-specific activities (that do not have a risk of inadvertent head impact)</b> <ul style="list-style-type: none"> <li>• Addition of individual sport-specific activities that are supervised by a teacher/coach/parent.</li> </ul> <b>Examples:</b> <ul style="list-style-type: none"> <li>• Skating drills (hockey)</li> <li>• Running drills (soccer)</li> <li>• Change of direction drills</li> <li>• Individual gym class activities</li> </ul> <p>It is important to get medical clearance before returning to training that involves any risk of inadvertent head impact.</p>	<b>Non-contact training drills and activities</b> <ul style="list-style-type: none"> <li>• Progress to exercises at high intensity, including more challenging drills and activities.</li> </ul> <b>Examples:</b> <ul style="list-style-type: none"> <li>• Passing drills</li> <li>• Multi-player training</li> <li>• Supervised non-contact gym class activities</li> <li>• Practices without body contact</li> </ul>	<b>Return to all non-competitive activities</b> <ul style="list-style-type: none"> <li>• Return to all non-competitive activities, all gym class activities, and full-contact practices</li> <li>• Participate in higher-risk activities including normal training activities, all school gym-class activities, and full-contact sports practices and scrimmages. Avoid competitive gameplay.</li> </ul>
<b>Activities of daily living, as tolerated</b>	<b>Increase heart rate</b>		<b>Resume usual intensity of exercise, coordination, and activity-related cognitive skills</b>	<b>Return to activities that have a risk of falling or body contact; restore game-play confidence, and have coaches assess functional skills.</b>	<b>Return to full contact, competitive play or high-risk activities before you have recovered increases the risk of delayed recovery and for sustaining another more severe concussion or serious injury.</b>
After a maximum of 24-48 hours after injury, BEGIN STEP 2	If can tolerate moderate aerobic exercise, BEGIN STEP 3		If medically cleared and have fully returned to school, BEGIN STEP 4	If can tolerate usual intensity of activities, BEGIN STEP 5	If can tolerate non-competitive, high-risk activities, BEGIN STEP 6

If more than mild exacerbation (worsening) of symptoms (i.e., more than 2 points on a 0-10 scale\*\*) occurs during Steps 1-3, stop the activity, and attempt to exercise the next day. Individuals experiencing concussion symptoms during Steps 4-6 should return to Step 3 to establish full resolution of symptoms with exertion before engaging in at-risk activities. Written determination of medical clearance should be provided before unrestricted Return to Sport as directed by local laws and/or sporting regulations.

\*Relative rest: activities of daily living including walking and other light physical and cognitive activities are permitted as tolerated.

\*\*Mild exacerbation (worsening) of symptoms: No more than a 2-point increase when compared with the pre-activity value on a 0-10-point symptom severity scale.\*\*\*Brief\* exacerbation of symptoms: Worsening of symptoms for up to 1 hour.

\*\*\*\*0-10 point symptom severity scale: Please see the [Visual Analog Scale](#) for an example of a 0-10 symptom severity scale.

## Concussion Management Protocol - Player's Return to Sport Plan

PLAYER: \_\_\_\_\_

- WSFA Injury Report  
 Initial Medical Assessment

\_\_\_\_\_ Date

- Medical Reassessment

\_\_\_\_\_ Date

	START DATE	EARLIEST END DATE (min. 24hrs/Step)	STEP COMPLETE DATE = no new or worsening symptoms
<b>STEP 1: Rest</b> <i>Activities of daily living as tolerated.</i>  At home	Date of injury	<i>After a max. of 24 - 48hrs after injury, BEGIN STEP 2</i>	_____ Parent/Guardian Initials
<b>STEP 2: Sport Specific Activities</b> <i>Increase Heart Rate</i>  At home		<i>If can tolerate moderate aerobic exercise, BEGIN STEP 3</i>	_____ Parent/Guardian Initials
<b>STEP 3: Light &amp; Moderate Effort Aerobic Exercise</b> <i>Increase Intensity</i>  At practice NO GEAR, CONDITIONING ONLY		<i>If <b>medically cleared</b> and fully returned to school, BEGIN STEP 4</i>	_____ Parent/Guardian Initials
<b>MEDICAL REASSESSMENT REQUIRED</b>			
<b>STEP 4: NON-CONTACT</b> training drills & activities <i>Progress to exercises at high intensity</i>  At practices in gear		<i>If can tolerate usual intensity of activities, BEGIN STEP 5</i>	_____ Parent/Guardian Initials
<b>STEP 5: FULL CONTACT PRACTICES - 2 full contact practices must be successfully completed before progressing to STEP 6</b> <i>Coaches assess functional skills</i>  At practices in gear		<i>If can tolerate non-competitive, contact activities BEGIN STEP 6</i>	_____ Parent/Guardian Initials
<b>STEP 6: RETURN TO SPORT</b> <i>NOTE: returning to full contact, competitive play before a player has recovered increases the risk for delayed recovery and for sustaining another more severe concussion or serious injury.</i>			_____ Parent/Guardian Initials