

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 <u>WestshoreFA@gmail.com</u> and the team Manager (<u>WestshoreWarriorsAtomTeam@gmail.com</u>, <u>WestshoreWarriorsPWTeam@gmail.com</u> or <u>WestshoreWarriorsJBTeam@gmail.com</u>

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

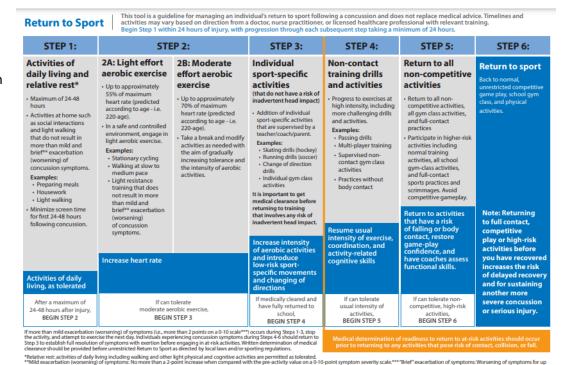
Note: a player/patient's progress through the return to sport stages is unique to the individual. After Stage 2, if new or worsening symptoms are experienced, the patient may need to return to the previous stage for 24 hours and consider reassessment by their physician/nurse practitioner.

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.



to 1 hour.
***0-10 point symptom severity scale: Please see the <u>Visual Analog Scale</u> 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		Medical Reassessment	
Date	Date		
	START DATE	EARLIEST END DATE (min. 24hrs/Step)	STEP COMPLETE DATE = no new or worsening symptoms
STEP 1: Rest Activities of daily living as tolerated.	Date of injury	After a max. of 24 - 48hrs after	
At home	Date of Injury	injury, BEGIN STEP 2	Parent/Guardian Initials
STEP 2: Sport Specific Activities Increase Heart Rate		If can tolerate moderate aerobic	
At home		exercise, BEGIN STEP 3	Parent/Guardian Initials
STEP 3: Light & Moderate Effort Aerobic Exercise Increase Intensity		the section the stress of an electric	
At practice NO GEAR, CONDITIONING ONLY		If medically cleared and fully returned to school, BEGIN STEP 4	Parent/Guardian Initials
MEDI	CAL REASSESSMENT RI	EQUIRED	
STEP 4: NON-CONTACT training drills & activities Progress to exercises at high intensity		16 and talenda and interest of	
At practices in gear		If can tolerate usual intensity of activities, BEGIN STEP 5	Parent/Guardian Initials
STEP 5: FULL CONTACT PRACTICES - 2 full contact practices must be successfully completed before progressing to STEP 6 Coaches assess functional skills			
At practices in gear		If can tolerate non-competitive, contact activities BEGIN STEP 6	Parent/Guardian Initials
STEP 6: RETURN TO SPORT 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.			Parent/Guardian Initials