Off the Field: Return-to-Sport Protocol

1.) Receive

Has undergone a medical assessment and has not been diagnosed as having a concussion, and has been
medically cleared to return to training, practice or competition. *Designated person(s) must receive
confirmation from athlete or parent/guardian.

2.) If Diagnosed Concussion

Proceed through the graduated return-to-sport steps.

3.) Graduated Return-to-Sport Steps

 Set out activities specific to the sport as well as intended outcomes of the activities that the athlete must successfully complete before moving on to the next step.

4.) Share Medical Advice

 An athlete, or the athlete's parent or guardian must share the medical advice or recommendations they receive with the designated person(s).

5.) Disclosing Diagnosis

 Designated person(s) must inform the athlete or the athlete's parent or guardian of the importance of disclosing the diagnosis to any other sport organization with which the athlete is registered or school that the athlete attends.

6.) Medical Clearance

 Confirmation of medical clearance by a physician or nurse practitioner before the athlete is permitted to move on to unrestricted training, practice or competition. *Designated Person(s) must receive confirmation from athlete or parent / guardian.

7.) Record Progression

 Sport organization must make and keep a record of the athlete's progression through the graduated return-tosport steps until the athlete, or the athlete's parent or guardian, has provided a confirmation of medical clearance.