



HOCKEY CANADA CONCUSSION COMMUNICATION TOOL

This tool is designed to help with communication related to the safe return to school and hockey following a concussion. Please date and sign as you complete each step and return to _____ once completed.

Player name:

Date of incident (mmddyyyy):

Medical Assessment Letter completed by a medical doctor or nurse practitioner (nurse*).

Medical Assessment Date (MMDDYYYY):

Medical Assessment Letter Received:

Signature of Team Staff

Position on Team Staff

Players diagnosed with a concussion are to be managed according to their Return-to-School (if applicable) and Hockey-Specific Return-to-Sport Strategies under the supervision of a medical doctor or nurse practitioner. When available, players should be encouraged to work with their team's licensed healthcare professional to optimize progression through their Hockey-Specific Return-to-Sport Strategy.

The stepwise progressions for Return-to-School and Hockey-Specific Return-to-Sport Strategies are outlined below. Note that these strategies begin at the same time, can happen concurrently and the first step of both is the same. Some players may spend longer at a step than others.

Hockey-Specific Return-to-Sport Strategy.

Step 1:

**Activities of daily living & relative rest.
(First 24 - 48 hours).**

- Typical activities at home (e.g. preparing meals, social interactions, light walking).
- Minimize screen time.

Date completed: (mmddyyyy):

Player Signature

Parent/Guardian Signature

Return-to-School Strategy.

Step 1:

**Activities of daily living & relative rest.
(First 24 - 48 hours).**

- Typical activities at home (e.g. preparing meals, social interactions, light walking).
- Minimize screen time.

Check when complete.



After a maximum of 24 – 48 hours after injury, progress to Step 2.

Step 2:	2A: Light effort aerobic exercise. • Walking or stationary cycling at slow to medium pace for 10 – 15 minutes. • May begin light resistance training that does not result in more than mild & brief worsening of symptoms. • Exercise up to approximately 55% of maximum heart rate. • Take breaks & modify activities as needed. Date completed: (mmddyyyy): Player Signature Parent/Guardian Signature	Step 2: School activities with encouragement to return to school (as tolerated). • Homework, reading or other light cognitive activities at school or home. • Take breaks & adapt activities as needed. • Gradually resume screen time, as tolerated.
	2B: Moderate effort aerobic exercise. • Gradually increase tolerance & intensity of aerobic activities, such as walking or stationary cycling at a brisk pace for 10 – 15 minutes. • May begin light resistance training that does not result in more than mild & brief worsening of symptoms. • Exercise up to approximately 70% of maximum heart rate. • Take breaks & modify activities as needed. Date completed: (mmddyyyy): Player Signature Parent/Guardian Signature	
		Check when complete.

If player can tolerate moderate aerobic exercise, progress to Step 3.

Step 3: Individual hockey-specific activities, without risk of inadvertent head impact. • Add hockey-specific activities (e.g., skating, changing direction, individual drills) for 20 – 30 minutes. • Perform activities individually & under supervision from a parent/guardian, coach, or Safety Personnel. • Progress to where the player is free of concussion-related symptoms, even when exercising. • There should be no body contact or other jarring motions, such as high-speed stops. • Players should wear a “No Contact” identification pinny. Date completed: (mmddyyyy): Player Signature Parent/Guardian Signature	Step 3: Part-time or full days at school with accommodations. • Gradually reintroduce schoolwork. • Part-time school days with access to breaks & other accommodations may be required. • Gradually reduce accommodations related to the concussion and increase workload. Check when complete.
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Medical Clearance

If player has completed Return-to-School (if applicable) & has been medically cleared, progress to Step 4.

Step 4: Non-contact training drills and activities.

- Progress to exercises with no body contact at high intensity, including more challenging drills & activities (e.g., shooting & passing drills, multi-player training, & practices).
- Where possible, give extra space around other players to avoid collisions or falls on the ice.
- Players should wear a "No Contact" identification pinny.

Date completed: (mmddyyyy):

Player Signature

Parent/Guardian Signature

Step 4: Return to school full-time.

- Return to full days at school & academic activities, without accommodations related to the concussion.
- For return to sport & physical activity, including physical education class, refer to the Hockey-Specific Return-to-Sport Strategy.

Check when complete.

If the player can tolerate usual intensity of activities with no return of symptoms, progress to Step 5.

Return to School is complete.

Step 5: Return to all non- competitive activities, full-contact practice & physical education activities

- Progress to higher-risk activities including typical training activities, full-contact hockey practices & physical education class activities.
- Do not participate in competitive gameplay.

Date completed: (mmddyyyy):

Player Signature

Parent/Guardian Signature

If the player can tolerate non-competitive, high-risk activities, progress to Step 6.

Step 6: Return to sport.

- Unrestricted sport & physical activity
- Full gameplay

Date completed: (mmddyyyy):

Player Signature

Parent/Guardian Signature

Return to Sport is complete.

First game back (mmddyyyy):

NOTES:

IMPORTANT NOTICE: This form contains confidential information that is meant to document completion of all required steps in the concussion recovery process and Return to Sport and Return to School strategies. De-nominalize information can be extracted from the form by the organization for the purpose of concussion reporting, however it cannot be communicated to any third party in a format that contains player identification information.