



Date: _____

Athlete's name: _____

To whom it may concern,

Athletes who are diagnosed with a concussion should be managed according to the *Canadian Guideline on Concussion in Sport, 2nd edition, including the Return-to-School and Hockey-Specific Return-to-Sport Strategies* (see page 2 of this letter). Accordingly, the above athlete has been medically cleared to participate in the following activities as tolerated effective the date stated above (please check all that apply):

Return-to-Sport Step 4: Non-contact training drills and activities with risk of inadvertent head impact (Exercises with no body contact at high intensity)

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

Return-to-Sport Step 6: Unrestricted sport and physical activity.

What if symptoms recur?

Athletes who have been medically cleared must be able to participate in full-time school, if applicable, as well as high intensity resistance and endurance exercise without symptom recurrence. Any athlete who has been medically cleared and has a recurrence of symptoms, should immediately remove themselves from play and inform their coach, teacher, or parent/caregiver. Medical clearance is required before progressing to step 4 of the Hockey-Specific Return-to-Sport Strategy again.

Any athlete who returns to practices or games and sustains a new suspected concussion should be managed according to the Hockey Canada Concussion Policy and Protocol.

Other comments:

Thank you very much in advance for your understanding.

Yours Sincerely,

Signature/print _____ M.D. / N.P. (circle appropriate designation)*

- In rural, remote or northern regions, the Medical Assessment Letter may be completed by a nurse with pre-arranged access to a medical doctor or nurse practitioner. Forms completed by other licensed healthcare professionals should not otherwise be accepted.
- In Manitoba the Medical Assessment Letter may be completed by a physician assistant.
- In Quebec, nurse practitioners cannot diagnose concussion. The role of physiotherapists in the assessment and management of concussion is specified. [Learn more](#)

WE RECOMMEND THAT THIS DOCUMENT BE PROVIDED TO THE ATHLETE WITHOUT CHARGE.

