

Hockey-Specific Return-to-Sport Strategy

STEP	ACTIVITY	DESCRIPTION
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.
AFTER MAXIMUM OF 24-48 HOURS AFTER INJURY, PROGRESS TO STEP 2		
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.
	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.
IF THE PLAYER CAN TOLERATE MODERATE AEROBIC EXERCISE, PROGRESS TO STEP 3		
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.

MEDICAL CLEARANCE IF PLAYER HAS COMPLETED RETURN-TO-SCHOOL (IF APPLICABLE) & HAS BEEN MEDICALLY CLEARED, PROGRESS TO STEP 4		
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.
IF THE PLAYER CAN TOLERATE USUAL INTENSITY OF ACTIVITIES WITH NO RETURN OF SYMPTOMS, PROGRESS TO STEP 5		
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.
IF THE PLAYER CAN TOLERATE NON-COMPETITIVE, HIGH-RISK ACTIVITIES, PROGRESS TO STEP 6		
6	Return to sport	- Unrestricted sport & physical activity - Full gameplay
RETURN TO SCHOOL IS COMPLETE.		