



# GTHL Return-to-Sport Protocol

## Initial rest period of 24-48 hours before beginning return-to-sport protocol

### Stage 1: Symptom limited activity (at least 24 hours) \*Strategies: [hollandbloorview.ca/concussionhandbook](http://hollandbloorview.ca/concussionhandbook)

- Daily activities that do not provoke symptoms
- Conserve your brain and body's energy, it is needed to feel well and allow the brain to heal.

I confirm that \_\_\_\_\_ completed Stage 1 for minimum of 24 hours with no symptoms on \_\_\_\_\_  
MM/DD/YY

\_\_\_\_\_  
(Player Signature)

\_\_\_\_\_  
(Parent/Guardian Signature)

### Stage 2: Light aerobic exercise (at least 24 hours)

**Effort: 50%**

- OFF THE ICE. NO CONTACT.
- Begin with a warm up (stretching/flexibility) for 5-10 minutes.
- Start a cardio workout for 15-20 minutes which can include: stationary bicycle, elliptical, treadmill, fast paced walking, light jog, rowing or swimming.

I confirm that \_\_\_\_\_ completed Stage 2 for minimum of 24 hours with no symptoms on \_\_\_\_\_  
MM/DD/YY

\_\_\_\_\_  
(Player Signature)

\_\_\_\_\_  
(Parent/Guardian Signature)

### Stage 3: General conditioning & hockey specific exercise done individually (at least 24 hours)

**Effort: 50-60%**

- OFF THE ICE. NO CONTACT.
- Begin with a warm up (stretching/flexibility) for 5-10 minutes.
- Increase intensity and duration of cardio workout to 20-30 minutes.
- Begin hockey specific skill work: individual stick handling and shooting drills.

I confirm that \_\_\_\_\_ completed Stage 3 for minimum of 24 hours with no symptoms on \_\_\_\_\_  
MM/DD/YY

\_\_\_\_\_  
(Player Signature)

\_\_\_\_\_  
(Parent/Guardian Signature)

### Stage 4: General conditioning & hockey specific training drills done with a teammate (at least 24 hours)

**Effort: 75%**

- CAN BEGIN ON-ICE ACTIVITIES. NO CONTACT. NO SCRIMMAGES. NO BODY CHECKING.
- Increase duration up to 60 minutes. Begin resistance training including neck and core strengthening exercises.
- Begin on-ice skating warm-up: forwards, backwards, stop and start, cones.
- Begin on-ice drills with a partner: passing, shooting on goalie and position specific drills like face-offs and deflections.
- Goalies begin in net with a coach shooting pucks in a controlled manner (e.g. progressing from shots to the pads/along the ice, glove shots then shots to the corners).

I confirm that \_\_\_\_\_ completed Stage 4 for minimum of 24 hours with no symptoms on \_\_\_\_\_  
MM/DD/YY

\_\_\_\_\_  
(Player Signature)

\_\_\_\_\_  
(Parent/Guardian Signature)

\_\_\_\_\_  
(Trainer)



**Stage 5: Hockey specific team drills (at least 24 hours)** **Effort: 90-100%**

- ON THE ICE. NO CONTACT. NO SCRIMMAGES. NO BODY CHECKING.
- Resume pre-injury duration of practice and team drills.
- Practice team passing, shooting drills and individual defensive skills.
- Practice break-out drills, 3 on 2's/2 on 1's and defensive coverage drills.
- Practice offensive and defensive plays.
- Review body checking and protection techniques.
- Goalies begin in net for controlled player drills (e.g. facing a single puck in play or players shooting one at a time). No drills that require a skater to drive hard to the net, to minimize accidental contact.

I confirm that \_\_\_\_\_ completed Stage 5 for minimum of 24 hours with no symptoms on \_\_\_\_\_ and I discussed my return to play stage with my coach and trainer at practice. MM/DD/YY

|                               |   |   |
|-------------------------------|---|---|
| _____<br>(Player Signature)   | _____<br>(Parent/Guardian Signature)  | _____<br>(Trainer)  |
| _____<br>(MD or NP signature) | <p style="text-align: center; margin: 0;"><i>MD or NP signature stamp and credentials</i></p> | <input type="checkbox"/> Family Physician<br><input type="checkbox"/> Pediatrician<br><input type="checkbox"/> Sports Medicine Physician<br><input type="checkbox"/> Neurologist<br><input type="checkbox"/> Physiatrist<br><input type="checkbox"/> Nurse Practitioner |

**MEDICAL CLEARANCE REQUIRED BEFORE PROCEEDING TO STAGE 6**

**Stage 6: Full contact practice (at least 24 hours)** **Effort: 100%**

- ON THE ICE. SCRIMMAGES. CONTACT. INCLUDING BODY CHECKING (if applicable).
- Participate in a full practice to get yourself back in the line-up.
- Review body checking and protection techniques. Focus on skills needed.
- If completed with no symptoms, discuss with coach/trainer about returning to full game play.
- Coaches/trainers make sure player has regained pre-injury skill level and is confident in ability to return to game play.
- Goalies return to full team practice with hard driven shots, drives to the net and puck battles around the net.

I confirm that \_\_\_\_\_ completed Stage 6 for minimum of 24 hours with no symptoms on \_\_\_\_\_ MM/DD/YY

|                             |                                      |                    |
|-----------------------------|--------------------------------------|--------------------|
| _____<br>(Player Signature) | _____<br>(Parent/Guardian Signature) | _____<br>(Trainer) |
|-----------------------------|--------------------------------------|--------------------|

**Stage 7: Game play**

- Required signatures must be completed before moving to the next stage.
- If the player experiences any onset or worsening of symptoms during or after the activities in any stage, the player should stop that activity immediately, break, and return to the previous successful stage as tolerated. It is common for this to occur, and many children/youth will spend several days in a stage at a time before progressing.
- A medical clearance for *Stage 6: Full contact practice* must be from a family physician, pediatrician, sports-medicine physician, neurologist, physiatrist or nurse practitioner. Documentation from any other source will not be acceptable.
- Do not progress to game play until player has regained their pre-injury skill-level and player is confident in their ability to return to game play.
- **Upon successful completion of Stage 6: Full contact practice, this form must be sent to [mfata@gthlcanada.com](mailto:mfata@gthlcanada.com) (fax: 416- 636-2035) with medical clearance letter before player is permitted to proceed to Stage 7: Game play.**

*\*Acknowledgement: [Montreal Children's Hospital "Return To Hockey Following A Concussion"](#)  
 McCrory P, et al. Consensus Statement on Concussion in Sport: [the 5th International conference on concussion](#) in sport held in Berlin, Oct 2016. British Journal of Sports Medicine 2017 0:1-10  
 The GTHL Concussion Policy was made in collaboration with GTHL Safety Committee and the [Concussion Centre](#) from Holland Bloorview Kids Rehabilitation Hospital*