

Return-to-sport protocol

Stage 0: Initial rest period of 24-48 hours before beginning return-to-sport protocol

Stage 1: Symptom limited activity (at least 24 hours)

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

Confirmed completion Stage 1 for minimum of 24 hours with **no new or worsening 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.

Confirmed completion Stage 2 for minimum of 24 hours with **no new or worsening 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.

Confirmed completion Stage 3 for minimum of 24 hours with **no new or worsening symptoms** on _____
MM/DD/YY

(Player Signature) _____
(Parent/Guardian Signature)

Stage 4 (a): 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).

Confirmed completion Stage 4(a) for minimum of 24 hours with **no new or worsening symptoms** on _____
MM/DD/YY

(Player Signature) _____
(Parent/Guardian Signature) _____
(Trainer)

Return-to-sport protocol

Stage 4(b): Non-contact team training **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.

Confirmed completion Stage 4(b) for minimum of 24 hours with **no ongoing symptoms** on _____
MM/DD/YY

_____ (Player Signature)	_____ (Parent/Guardian Signature)	_____ (Trainer)
_____ (MD or NP signature)	<div style="border: 1px solid black; width: 100%; height: 60px; margin: 0 auto;"></div> MD or NP signature stamp and credentials	<ul style="list-style-type: none"> <input type="checkbox"/> Family Physician <input type="checkbox"/> Pediatrician <input type="checkbox"/> Sports Medicine Physician <input type="checkbox"/> Neurologist <input type="checkbox"/> Psychiatrist <input type="checkbox"/> Nurse Practitioner

MEDICAL CLEARANCE REQUIRED BEFORE PROCEEDING TO STAGE 5 & 6

Stage 5: Full contact practice with team (at least 24 hours) **Effort: 100%**

- ON THE ICE. SCRIMMAGES. CONTACT. INCLUDING BODY CHECKING (if applicable).
- Participate in a full practice, 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.

Confirmed completion Stage 5 for minimum of 24 hours with **no ongoing symptoms** on _____
MM/DD/YY

_____ (Player Signature)	_____ (Parent/Guardian Signature)	_____ (Trainer)
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Stage 6: Game play

Overall guidelines of return-to-sport protocol:

- Players must spend a minimum of 24 hours at each stage, however most children/youth should spend longer.
- If the player experiences any new or worsening of symptoms during or after the activities in any stage, the player should stop that activity and return to the previous successful stage they can tolerate. Players should consult with a trained healthcare professional for return-to-sport strategies.
- Medical clearance is required before participation in *Stage 5: Full contact practice with team*. Clearance must be from a medical doctor or nurse practitioner. See [recommended medical clearance letter template](#).
- Upon successful completion of Stage 5, this form in addition to medical clearance letter must be provided to the team trainer before player is permitted to participate in *Stage 6: Game Play*. Team trainer must send to Riskmanagement@greaterkingstonhockey.com prior start of game.