

Ringette Canada Concussion Communication Tool

			return to school and ringette following a urn to once comple	eted.
Athlete name:		Date of incident (mmddyyyy):		
Medical A	ssessment Letter completed by	y a medical doctor or nur	rse practitioner (nurse*)	
Medical A	Assessment Date (MMDDYYYY ssessment Letter Received:):	Position on Team	
Medical Assessment Letter Received: Staff Staff			Position on Team	
Ringette-S available, progressi The stepv below. No	Specific Return-to-Sport Strategie athletes should be encouraged to on through their Ringette-Specifivise progressions for Return-to-Sote that these strategies begin at the athletes may spend longer at	es under the supervision of to work with their team's li c Return-to-Sport Strategy school and Ringette-Specifi the same time, can happe a step than others.	ic Return-to-Sport Strategies are outlined en concurrently and the first step of both is	hen e
S: 4 A	Ringette-Specific Return-to-S		Return-to-School Strategy	
•	ctivities of daily living & relat (First 24 – 48 hours)	tive rest.	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. 			 Typical activities at home (e.g. preparing meals social interactions, light walking). Minimize screen time. 	,
Athlete Signature Parent/Guardian Signature			□ Check when complete.	
After a m	aximum of 24 – 48 hours after in			
	2A: Light effort aerobic exer	cise.	Step 2: School activities with encouragement to return to school (as tolerated)	
	 Walking or stationary cycling at slow 15 minutes. May begin light resistance training than mild & brief worsening of symples in the symples of symples of symples of symples in the symples of symp	hat does not result in more ptoms. If maximum heart rate.	 Homework, reading or other light cognitive activities at school or home. Take breaks & adapt activities as needed. Gradually resume screen time, as tolerated. 	
Step 2:		/Guardian Signature		
	 Gradually increase tolerance & interactivities, such as walking or station brisk pace for 10 – 15 minutes. May begin light resistance training to in more than mild & brief worsening. Exercise up to approximately 70% or such as the control of the contro	nsity of aerobic ary cycling at a hat does not result g of symptoms.		
	rate. • Take breaks & modify activities as n			

Date completed: (mmddyyyy):	□ Check when complete.				
Athlete Signature Parent/Guardian Signature	- Check when complete.				
If athlete can tolerate moderate aerobic exercise, progress to Step 3					
Step 3: Individual ringette-specific activities, without risk of inadvertent head impact.	Step 3: Part-time or full days at school with accommodations				
 Add ringette-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. Athlete should wear a "No Contact" identification pinny. 	 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. 				
Date completed: (mmddyyyy):					
Athlete Signature Parent/Guardian Signature	□ Check when complete.				
Medical Clearance If an athlete has completed Return-to-School (if applicable) & has been medically cleared, progress to Step 4.					
Step 4: Non-contact training drills and activities	Step 4: Return to school full-time				
 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. Athletes should wear a "No Contact" identification pinny. 	 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 Ringette-Specific Return-to-Sport Strategy. 				
Date completed: (mmddyyyy):					
Athlete Signature Parent/Guardian Signature	□ Check when complete.				
If the athlete can tolerate the 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 ringette practices & physical education class activities. Do not participate in competitive gameplay. Date completed: (mmddyyyy):					
Athlete Signature Parent/Guardian Signature					
If the athlete can tolerate non-competitive, high-risk activities, progress to Step 6					
Step 6: Return to sport.					
 Unrestricted sport & physical activity Full game play Date completed: (mmddyyyy): 					
Athlete Signature Parent/Guard	dian Signature				
Return to Sport is complete.					

First game back (mmddyyyy):				
Notes:				