



## RETURN TO PLAY POLICY

### PURPOSE

The Participant and the Participant's parent/guardian (if applicable) should be directed to the following guidelines:

1. If no concussion is diagnosed by a physician: The Participant may return to physical activities accompanied by a medical clearance letter confirming that the Participant is medically cleared to resume participation
2. If a concussion is diagnosed by a physician: The Participant should only return to physical activities after following the steps outlined below and/or as directed by a physician:
3. Each step must take a minimum of 24 hours and the length of time needed to complete each step will vary based on the severity of the concussion.
4. The Participant should be monitored regularly for the return of any signs and/or symptoms of concussion. If signs and/or symptoms return, the Participant must consult with a physician.

### APPLICATION OF THIS POLICY

Ringette Ontario Participants diagnosed with a concussion are expected to follow these Return to Play steps:

- **Step 0**: No activity, only complete rest. Proceed to step 1 only when symptoms are gone.

**Proceed to the next step ONLY if symptom free. If symptoms occur, drop back to the step where you do not have symptoms, then allow AT LEAST 24 hours between steps.**

- **Step 1**: Light aerobic exercise, such as walking or stationary cycling. Monitor for symptoms and signs.

No resistance training or weight lifting. Students must have returned to school or full studies at their pre-injury level of performance and adults must have returned to their normal education or work.

**Medical clearance is required in order to move to the next step and a letter from your doctor must be submitted to your Coach/Team Trainer.**

- **Step 2**: Sport specific activities and training (e.g. skating).

- **Step 3:** Drills without contact with teammates. May add light resistance training and progress to heavier. The time needed to progress from non-contact to contact exercise will vary with the severity of the concussion and the player.
- **Step 4:** Begin drills involving contact with teammates.
- **Step 5:** Game play.

Once the Participant has been given medical clearance, the coach, parent/guardian, trainer and/or supervisor is required to forward a copy of the physician's notice of medical clearance to Ringette Ontario for retention.