

# EC RETURN TO SPORT



Name of athlete:

Date (DD/MM/YY):

Date of occurrence

(DD/MM/YY):

Physician:

Licence MD#:

A concussion is a serious event, but you can recover fully from such an injury if the brain is given enough time to rest and recuperate. Returning to normal activities, including sport participation, is a step-wise process that requires patience, attention and caution.

Each step must take a minimum of one day but could last longer, depending on the athlete and his or her specific situation.

**If symptoms reappear at any stage, go back to the previous stage until activities are tolerated for at least 24 hours. Complete the Return to Learn protocol before beginning Stages 5 and 6 of the Return to Sport process.**

**Athlete does not appear to have a concussion** Athlete does not require a step-wise Return to Sport process. The athlete can return to full competition immediately.

**Athlete does appear to have a concussion** Complete step-wise Return to Sport process below.

## STEP 1: Daily activities that do not provoke symptoms

After an initial 24-48 hours of physical and cognitive rest, gradual re-introduction of daily activities. Refrain from participating in any sporting and physical activities or physical exertion. Only indulge in activities that do not worsen symptoms.

## STEP 2: Light aerobic exercise, unmounted

Activities such as walking or stationary cycling. The athlete should be supervised by someone who can help monitor for symptoms and signs. No resistance training or weight lifting. The duration and intensity of the aerobic exercise can be gradually increased over time if no symptoms or signs return during the exercise or the next day. Sport-specific activities off of the horse such as light grooming or tacking up to ensure these are tolerated prior to getting back on the horse.

**Symptoms?** Return to previous step. If symptoms persist, return to rest and consult a trained physician.

**No symptoms?** Proceed to **Step 3** the next day.

## STEP 3: Sport specific activities, mounted - light flatwork

Activities such as walking or hacking can begin at Step 3. There should be no jarring motions or work at speed.

**Symptoms?** Return to previous step. If symptoms persist, return to rest and consult a trained physician.

**No symptoms?** Proceed to **Step 4** the next day.

## STEP 4: Begin drills – schooling

**Symptoms?** Return to previous step. If symptoms persist, return to rest and consult a trained physician.

**No symptoms?** The time needed to progress from non-contact exercise will vary with the nature of the concussion and type of symptoms that the athlete experiences. Proceed to **Step 5** only after medical clearance.

## STEP 5: Begin jumping/full training, once cleared by a physician

**Symptoms?** Return to previous step. If symptoms persist, return to rest and consult a trained physician.

**No symptoms?** Proceed to **Step 6** the next day.

## STEP 6: Competition

Athlete is completely recovered and cleared to return to active play and competition.

Signature:

Date (DD/MM/YY):

Physician Stamp or attached prescription pad / letterhead