

EC RETURN TO PLAY FORM



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 symptom-free for at least 24 hours.

STEP 1: No physical/sporting activity

Complete the Return to Learn protocol before beginning the Return to Play process. Refrain from participating in any sporting and physical activities. Only indulge in activities that do not worsen symptoms. Once symptoms are gone, a physician, preferably one with experience managing concussions, should be consulted before beginning a step wise return to play process.

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