

# TSA Post-Concussion Return to Play Protocol



**Holland Bloorview**  
Kids Rehabilitation Hospital

Concussion  
Centre

## Stage 1: Rest and energy conservation (at least 24 hours) Strategies: [hollandbloorview.ca/concussionhandbook](http://hollandbloorview.ca/concussionhandbook)

- Rest your brain and body (stop studying, working and playing).
- Conserve your brain and body's energy, it is needed to feel well and allow the brain to heal.

### Stage 1: Signature of completion (requires player & parent/guardian signatures)

I confirm that \_\_\_\_\_ completed Stage 1 for minimum of 24 hours with no symptoms on \_\_\_\_\_

MM/DD/YY

\_\_\_\_\_  
(Player Signature)

\_\_\_\_\_  
(Parent/Guardian Signature)

## Stage 2: Light general exercise (at least 24 hours) - 50% intensity.

- No head impact activities (i.e. no heading, no tackling)
- Begin with a warm up (stretching / flexibility) for 5-10 minutes.
- Start a cardio workout of 15-20 minutes which can include: stationary bicycle, elliptical, treadmill, fast paced walking, light jog, rowing or swimming.

### Stage 2: Signature of completion (requires player & parent/guardian signatures)

I confirm that \_\_\_\_\_ completed Stage 2 for minimum of 24 hours with no symptoms on \_\_\_\_\_

MM/DD/YY

\_\_\_\_\_  
(Player Signature)

\_\_\_\_\_  
(Parent/Guardian Signature)

## Stage 3: General conditioning and soccer specific skill work done individually (at least 24 hours) - 50-60% intensity.

- No head impact activities (i.e. no heading, no tackling)
- Begin with a warm up (stretching/flexibility) for 5-10 minutes.
- Increase intensity and duration of cardio workout to 20-30 minutes.
- Begin soccer specific skills: running drills, static/dynamic foot dribbling with use of cones, individual kicking/passing
- Goalies do not complete in net activities or drills involving diving or receiving shots with a ball

### Stage 3: Signature of completion (requires player & parent/guardian signatures)

I confirm that \_\_\_\_\_ completed Stage 3 for minimum of 24 hours with no symptoms on \_\_\_\_\_

MM/DD/YY

\_\_\_\_\_  
(Player Signature)

\_\_\_\_\_  
(Parent/Guardian Signature)

## Stage 4: General conditioning and soccer specific skill work done with a teammate (at least 24 hours) - 75% intensity.

- No head impact activities (i.e. no heading, no tackling)
- Increase duration of session to 60 minutes. Begin resistance training including neck and core strengthening exercises.
- Begin practicing soccer drills with a partner: dribbling and passing
- Begin reviewing offensive and defensive plays at a slow speed
- Goalies begin in net drills with a coach shooting balls in a controlled manner (i.e. Begin with drills involving diving side-to-side without a ball, progress to ball shots along the ground, medium height, then higher shots to corners)

### Stage 4: Signature of completion (requires player & parent/guardian signatures)

I confirm that \_\_\_\_\_ completed Stage 4 for minimum of 24 hours with no symptoms on \_\_\_\_\_ and I discussed my return to play stage with my coach at practice.

MM/DD/YY

\_\_\_\_\_  
(Player Signature)

\_\_\_\_\_  
(Parent/Guardian Signature)

**Acknowledgement:** [Montreal Children's Hospital "Return To Soccer Following A Concussion"](#),

McCrory P, et al. Consensus Statement on Concussion in Sport: [the 5th International conference on concussion](#) in sport held in Berlin, Oct 2016. British Journal of Sports Medicine 2017 0:1-10

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Version: May, 2017

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## Stage 5: General conditioning, soccer specific skill work and team drills (at least 24 hours) - 75-90% intensity.

- No head impact activities (i.e. no heading, no tackling)
- Resume pre-injury duration of practice and team drills
- Practice team passing and shooting drills, offensive, defensive and counter attack tactical schemes.
- Goalies begin in net drills with a teammate shooting balls in controlled manner (i.e. facing shots from a single ball in play or players shooting one at a time from distance)
- Able to participate in full school activities without experiencing symptoms (i.e. full schedule, assignments, tests)

## Stage 5: Signature of completion (requires player, parent/guardian & physician signatures)

I confirm that \_\_\_\_\_ completed Stage 5 for minimum of 24 hours with no symptoms on \_\_\_\_\_ and I discussed my return to play stage with my coach at practice. MM/DD/YY

\_\_\_\_\_  
(Player Signature)

\_\_\_\_\_  
(Parent/Guardian Signature)

\_\_\_\_\_  
(MD or NP signature)

MD or NP signature stamp and credentials

- Family Physician  
 ER Physician  
 Pediatrician  
 Sports Medicine Physician  
 Neurologist  
 Nurse Practitioner

## MEDICAL CLEARANCE REQUIRED BEFORE PROCEEDING TO STAGE 6

## Stage 6: Full team practice (at least 24 hours after medical clearance)

- CONTACT. SCRIMMAGE. HEADING. TACKLING.
- Review and practice techniques for heading the ball (if applicable to your level of play)
- Participate in a full practice to get yourself back in the lineup. If completed with no symptoms, discuss with the coach about getting back to full game play
- Goalies return to full team practice with hard driven shots, higher intensity drills, and practicing corner kicks

## Stage 6: Signature of completion (requires player & parent/guardian signatures)

I confirm that \_\_\_\_\_ completed Stage 6 for minimum of 24 hours with no symptoms on \_\_\_\_\_ and I discussed my return to play stage with my coach at practice. MM/DD/YY

\_\_\_\_\_  
(Player Signature)

\_\_\_\_\_  
(Parent/Guardian Signature)

## Stage 7: Return to competition

- **Players must spend a minimum of 24 hours at each stage, however most individuals should spend longer**
- Required signatures must be completed BEFORE moving to the next stage. If the player experiences any symptoms during OR after the activities in any stage, the player should stop that activity immediately, rest for 24 hours and return to the previous successful stage before trying those activities again
- A medical doctor for medical clearance includes a Family Physician, Pediatrician, Sports-Medicine Physician, Neurologist, or a Nurse Practitioner who is not an immediate family member. **\*Documentation that does not fit these criteria will not be accepted.**
- For more resources on concussion management visit [www.torontosoccerassociation.ca/clubsite/?p=17583](http://www.torontosoccerassociation.ca/clubsite/?p=17583)

**Parents must send this form to their head coach at least 24 hours prior to the next scheduled full team practice. Head coaches will not allow players to return to full a team practice until medical clearance from a medical doctor (MD) or nurse practitioner (NP). Once the head coach has received this form, head coaches must send this document to the TSA office prior to returning the player returning to full team practice.**

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