TSA return-to-sport protocol



Stage 0: Initial rest period of 24-48 hours before beginning return to play protocol					
Stage 1: Symptom limited activity (at least 24-48 hours)					
•	Daily activities that do not provoke sy				
•	Conserve your brain and body's energy, it is needed to feel well and allow the brain to heal.				
		By, it is needed to real well and allow the brain to hear	•		
6	· Consider the control of the control of	(24)			
Co	ntirmed completion Stage 1 for minimi	um of 24 hours with no new or worsening symptoms			
			MM/DD/YY		
	(Player Signature)	(Parent/Guardian Signature)			
Sta	ge 2: Light aerobic exercise (at least		Effort: 50%		
•		of 15-20 minutes which can include: stationary bicycle,	elliptical, treadmill, fast		
	paced walking, light jog, rowing or sw	_			
•	No resistance training, weight lifting,	jumping or hard running.			
•	No head impact activities (i.e. no hea	ading, no tackling, no scrimmages)			
Co	nfirmed completion Stage 1 for <u>minim</u>	<u>um</u> of 24 hours with no new or worsening symptoms			
			MM/DD/YY		
	(Player Signature)	(Parent/Guardian Signature)			
Sta	ge 3: Soccer specific skill exercise indi	ividually (at least 24 hours)	Effort: 50-60%		
•	Off the field Increase intensity and d	l			
	on the nera. Increase intensity and a	luration of cardio workout to 20-30 minutes.			
•	•	rills, static/dynamic foot dribbling with use of cones, ir	ndividual kicking/passing.		
•	Begin soccer specific skills: running di				
•	Begin soccer specific skills: running di	rills, static/dynamic foot dribbling with use of cones, ir ties or drills involving diving or receiving shots with a b			
•	Begin soccer specific skills: running di Goalies do not complete in net activit	rills, static/dynamic foot dribbling with use of cones, ir ties or drills involving diving or receiving shots with a b			
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• Co	Begin soccer specific skills: running di Goalies do not complete in net activit No head impact activities (i.e. no head Infirmed completion Stage 3 for minimal (Player Signature)	rills, static/dynamic foot dribbling with use of cones, ir ties or drills involving diving or receiving shots with a bading, no tackling, no scrimmages). um of 24 hours with no new or worsening symptoms (Parent/Guardian Signature)	on MM/DD/YY		
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· Co	Begin soccer specific skills: running di Goalies do not complete in net activit No head impact activities (i.e. no head impact	rills, static/dynamic foot dribbling with use of cones, in ties or drills involving diving or receiving shots with a bading, no tackling, no scrimmages). um of 24 hours with no new or worsening symptoms (Parent/Guardian Signature) n an instructor/teammate (at least 24 hours) tices. Increase duration and intensity of training activity	on MM/DD/YY <i>Effort: 75%</i>		
Co	Begin soccer specific skills: running di Goalies do not complete in net activit No head impact activities (i.e. no head impact	rills, static/dynamic foot dribbling with use of cones, in ties or drills involving diving or receiving shots with a bading, no tackling, no scrimmages). um of 24 hours with no new or worsening symptoms (Parent/Guardian Signature) n an instructor/teammate (at least 24 hours) tices. Increase duration and intensity of training activities and core strengthening exercises.	on MM/DD/YY <i>Effort: 75%</i>		
Co Sta	Begin soccer specific skills: running di Goalies do not complete in net activities No head impact activities (i.e. no head impact activities (i.e. no head impact activities) Infirmed completion Stage 3 for minimal (Player Signature) Inge 4 (a): Soccer specific exercise with Can begin 1:1 modified on-field pract Begin resistance training including ne Begin practicing soccer drills with a positive specific exercise with a positive specific exer	rills, static/dynamic foot dribbling with use of cones, in ties or drills involving diving or receiving shots with a bading, no tackling, no scrimmages). um of 24 hours with no new or worsening symptoms (Parent/Guardian Signature) n an instructor/teammate (at least 24 hours) tices. Increase duration and intensity of training activities and core strengthening exercises. partner: dribbling and passing.	on MM/DD/YY <i>Effort: 75%</i>		
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Co Sta	Begin soccer specific skills: running di Goalies do not complete in net activit No head impact activities (i.e. no head impact	rills, static/dynamic foot dribbling with use of cones, in ties or drills involving diving or receiving shots with a bading, no tackling, no scrimmages). um of 24 hours with no new or worsening symptoms (Parent/Guardian Signature) tices. Increase duration and intensity of training activities and core strengthening exercises. For the shooting balls in a controlled manner (i.e. Begin with	on MM/DD/YY Effort: 75% ties.		
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Made in collaboration with the <u>Concussion Centre from the Holland Bloorview Kids Rehabilitation Hospital.</u> This form is to be completed by parents and players to guide and document progress through return-to-sport steps after a diagnosed concussion with their coach and healthcare professional. This report form is aligned with <u>best-practice quidelines</u> and a tool to be used to support the return to soccer strategy of the <u>Canada Soccer Concussion Policy</u>. **Additional Acknowledgement:** <u>Montreal Children's Hospital</u>

TSA return-to-sport protocol



Stage 4 (b): Non-contact team training (at least 24 hours)

Effort: 90-100%

- On field practice. Resume pre-injury duration of practice and team drills (i.e. more complex training activities).
- Practice passing/shooting drills, offensive, defensive and counter attack tactical schemes (coordination & attention).
- 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)
- No head impact activities (i.e. no heading, no tackling, no scrimmages).

Confirmed completion Stage 4(b) for minimum of 24 hours with no ongoing symptoms on					
		MM/DD/YY			
(Player Signature)	(Parent/Guardian Signature)				
		☐ Family Physician			
		☐ Pediatrician			
		☐ Sports Medicine Physician☐ Neurologist			
		□ Physiatrist			
(MD or NP signature)		☐ Nurse Practitioner			
	MD or NP signature stamp and credentials				
MEDICAL CLEARANCE REQUIRED BEFORE PROCEEDING TO STAGE 5 & 6					
Stage 5: Full contact practice with team (at least 24 hours after medical clearance) Effort: 100%					
CONTACT. SCRIMMAGE. HEADING. TACK	LING.				
• Review and practice techniques for head	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.					
Do not progress to game play until player has regained their pre-injury skill-level and is confident in their ability.					
Goalies return to full team practice with hard driven shots, higher intensity drills, and practicing corner kicks.					
Confirmed completion Stage 5 for minimum of 24 hours with no ongoing symptoms onMM/DD/YY					
		(1111) (111) (111) (111) (111) (111) (111) (111)			
(Player Signature)	(Parent/Guardian Signature)				

Stage 6: Return to game play Overall Comments:

Players must spend a minimum of 24 hours at each stage, however most children/youth should spend longer.

If the player experiences any new or worsening of symptoms during or after the activities in any stage, the player should stop that activity and return to the previous successful stage they can tolerate. Players should consult with a trained healthcare professional for return-to-sport strategies.

Medical clearance is required for participation in *Stage 5: Full contact practice with team.* Clearance must be from a medical doctor or nurse practitioner. See recommended medical clearance letter template.

Upon successful completion of Stage 5, this form in addition to medical clearance letter from medical doctor or nurse practitioner must be sent to the head coach before player is permitted to proceed to Stage 6. Head coach must send to TSA office (<u>tsaleagues@torontosoccer.net</u>) prior to player participation in stage 6.

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Version: July, 2021

Effort: 100%