



SUDBURY CATHOLIC DISTRICT SCHOOL BOARD

165A D'YOUVILLE STREET, SUDBURY, ONTARIO P3C 5E7 tel. (705) 673-5620 fax (705) 673-6670
www.sudburycatholicsschools.ca

FORM 1-1

Student Medical Clearance following Suspected Concussion

_____ has demonstrated signs of a concussion and according to the Sudbury Catholic District School Board Concussion Protocol, must be seen by a physician prior to returning to play and to establish the need for return to learn accommodations.

RESULTS OF INITIAL MEDICAL EXAMINATION

- No concussion has been diagnosed
- Concussion HAS been diagnosed and therefore student must begin medically supervised, individualized and gradual return to learn/return to play protocol (below).

(Physician name - please print)

(Physician signature)

(Date)

Comments: (Return to Play/Return to Learn Accommodations)

Return to Play Stage 3 Clearance (Parent/Guardian Clearance)

I _____ parent/guardian of _____
(Parent/guardian or student over 18 - name) (Student name)

confirm that (s)he continues to be symptom free and is able to progress to Stage 3- Sport-specific exercise.

(Parent/guardian or student over 18 - signature)

(Date)

Stage 5 Clearance (Medical Clearance)

I _____ have examined _____
(Medical doctor/nurse practitioner signature) (Student name)

and confirm (s)he continues to be symptom free and is able to transition to Stage 5- Full contact practice, followed by Stage 6- Normal game play, provided (s)he remains symptom free.

(Medical doctor/nurse practitioner signature)

(Date)

Comments: (Return to Play/Return to Learn Accommodations)

A copy of form to be provided to the School Administrator who will inform staff



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FORM 1 - 2

RETURN TO LEARN PROTOCOL		
Recovery Stage		Objective of Stage
Complete physical and cognitive rest until medical clearance	No school Strict limits on technology usage Rest	Return to school with academic accommodations
Return to school with academic accommodations	Continue technology limits Avoid heavy backpacks No tests, PE, band or chorus, shop/tech Rest at home	Continue academic accommodations
Continue academic accommodations	Attend school full time, if possible Increase workload gradually Monitor symptoms Incorporate light aerobic activity Rest at home	Full recovery to academics
Full recovery to academics	Attend school full time Self-advocate in school Resume normal activities Resume sports following graduated Return to Play	Full recovery
RETURN TO PLAY PROTOCOL		
Rehabilitation Stage	Functional Exercise at each Stage	Objective of Stage
No Activity	Complete physical and cognitive rest	Recovery
Light Aerobic Exercise	Walking, swimming or stationary cycling low intensity; no resistance training	Increase heart rate
Sport-specific exercise Following parent/guardian clearance	Skating drills in hockey, running drills in soccer, no head impact activities	Add movement
Non-contact Training	Progression to more complex training drills, may start progressive resistance training	Exercise, coordination and cognitive load
Full contact Practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff
Return to Play	Normal Game Play	

Students should be symptom free for 24 hours to progress to the next stage.