

Medical Clearance Letter

Date: _____

Athlete's Name: _____

To whom it may concern,

Athletes who are diagnosed with a concussion should be managed according to the *Canadian Guideline on Concussion in Sport, 2nd edition, including the Return-to-School and Ringette-Specific Return-to-Sport Strategies* (see page 2 of this letter). Accordingly, the above athlete has been medically cleared to participate in the following activities as tolerated effective the date stated above (please check all that apply):

- Return-to-Sport Step 4: Non-contact training drills and activities with risk of inadvertent head impact (Exercises with no body contact at high intensity)
- Return-to-Sport Step 5: Return to all non-competitive activities, full-contact practice and physical education activities
- Return-to-Sport Step 6: Unrestricted sport and physical activity

What if symptoms recur?

Athletes who have been medically cleared must be able to participate in full-time school, if applicable, as well as high intensity resistance and endurance exercise without symptom recurrence. Any athlete who has been medically cleared and has a recurrence of symptoms, should immediately remove themselves from play and inform their coach, teacher or parent/caregiver. Medical clearance is required before progressing to step 4 of the Ringette-Specific Return-to-Sport Strategy again.

Any athlete who returns to practices or games and sustains a new suspected concussion should be managed according to the *Ringette Canada Concussion Policy and Protocol*.

Other comments:

Thank-you very much in advance for your understanding.

Yours Sincerely,

Signature/print _____ M.D. / N.P. (circle appropriate designation)*

**In rural or northern regions, the Medical Clearance Letter may be completed by a nurse with pre-arranged access to a medical doctor or nurse practitioner. Forms completed by other licensed healthcare professionals should not otherwise be accepted.*

We recommend that this document be provided to the athlete without charge.

Return-to-School Strategy

Step	Activity	Description
1	Activities of daily living & relative rest (First 24-48 hours)	<ul style="list-style-type: none"> • Typical activities at home (e.g. preparing meals, social interactions, light walking). • Minimize screen time.
After a maximum of 24-48 hours after injury, progress to Step 2.		
2	School activities with encouragement to return to school (as tolerated)	<ul style="list-style-type: none"> • Homework, reading or other light cognitive activities at school or home. • Take breaks & adapt activities as needed. • Gradually resume screen time, as tolerated.
If the student can tolerate school activities, progress to Step 3.		
3	Part-time or full days at school with accommodations	<ul style="list-style-type: none"> • Gradually reintroduce schoolwork. • Part-time school days with access to breaks & other accommodations may be required. • Gradually reduce accommodations related to the concussion and increase workload.
If student can tolerate full days without accommodations for concussion, progress to Step 4.		
4	Return to school full-time	<ul style="list-style-type: none"> • Return to full days at school & academic activities, without accommodations related to the concussion. • For return to sport & physical activity, including physical education class, refer to the Ringette-Specific Return-to-Sport Strategy.
Return to School is complete.		

Ringette-Specific Return-to-Sport Strategy

Step	Activity	Description
1	Activities of daily living & relative rest (First 24 – 48 hours)	<ul style="list-style-type: none"> • Typical activities at home (e.g. preparing meals, social interactions, light walking). • Minimize screen time.
After maximum of 24-48 hours after injury, progress to Step 2		
2	2A: Light effort aerobic exercise 2B: Moderate effort aerobic exercise	<ul style="list-style-type: none"> • Walking or stationary cycling at slow to medium pace for 10 – 15 minutes. • May begin light resistance training that does not result in more than mild & brief worsening of symptoms. • Exercise up to approximately 55% of maximum heart rate. • Take breaks & modify activities as needed. • Gradually increase tolerance & intensity of aerobic activities, such as walking or stationary cycling at a brisk pace for 10 – 15 minutes. • May begin light resistance training that does not result in more than mild & brief worsening of symptoms. • Exercise up to approximately 70% of maximum heart rate. • Take breaks & modify activities as needed.
If the athlete can tolerate moderate aerobic exercise, progress to Step 3		
3	Individual ringette-specific activities, without risk of inadvertent head impact	<ul style="list-style-type: none"> • Add ringette-specific activities (e.g., skating, changing direction, individual drills) for 20 – 30 minutes. • Perform activities individually & under supervision from a parent/guardian, coach, or Safety Personnel. • Progress to where the athlete is free of concussion-related symptoms, even when exercising. • There should be no body contact or other jarring motions, such as high-speed stops. • Athletes should wear a "No Contact" identification pinnie.
Medical Clearance If an athlete has completed Return-to-School (if applicable) & has been medically cleared, progress to Step 4.		
4	Non-contact training drills and activities	<ul style="list-style-type: none"> • Progress to exercises with no body contact at high intensity, including more challenging drills & activities (e.g., shooting & passing drills, multi-athlete training, & practices). • Where possible, give extra space around other athletes to avoid collisions or falls on the ice. • Athletes should wear a "No Contact" identification pinnie.
If the athlete can tolerate the usual intensity of activities with no return of symptoms, progress to Step 5.		
5	Return to all non-competitive activities, full-contact practice & physical education activities	<ul style="list-style-type: none"> • Progress to higher-risk activities including typical training activities, full-contact ringette practices & physical education class activities. • Do not participate in competitive gameplay.
If the athlete can tolerate non-competitive, high-risk activities, progress to Step 6.		
6	Return to sport	<ul style="list-style-type: none"> • Unrestricted sport & physical activity • Full gameplay
Return to Sport is complete.		