

Graduated Return to Play Protocol

If a concussion is diagnosed/confirmed by a medical doctor, the 6 steps below are to be followed before returning to play. Activity restrictions should be observed. Players should be symptom free for 24-48 hours since incident/ time of concussion or have been advised by a doctor before they are ready to commence the progressive steps.

The IHNSW Referral and Return form must be fully completed before progressing to Stage 5 of the Return to Play and presented to Club Concussion Coordinator and IHNSW Executive Officer.

Children 18 years or under – No return to contact/collision activities before 19 days from complete resolution of all concussion symptoms. 19 years and over, cannot return for at least 12 days after being concussed.

There should be at least 24 hours between each step. If any symptoms return at any time, rest until symptom free for 24 hours, then return to the previous step.

<p>STAGE 1 Light general conditioning OFF ICE</p>	<ul style="list-style-type: none"> ▪ Warm up ▪ Cardio workout (stationary bike, treadmill, light jog or swim) ▪ 15-20 min duration, 50% intensity ▪ Goal: Recovery
<p>STAGE 2 General conditioning and individual hockey specific skill OFF ICE</p>	<ul style="list-style-type: none"> ▪ Warm up ▪ Cardio workout (stationary bike, treadmill, light jog or swim) ▪ 20-30 min duration, 50-60% intensity ▪ Hockey specific skill work (stick handling/shooting) ▪ Goal: Increase heart rate
<p>STAGE 3 General conditioning and partnered hockey specific skill ON ICE, NO CONTACT</p>	<ul style="list-style-type: none"> ▪ Resistance training and core strength ▪ On ice skating warm-up forwards/backwards, stops and starts ▪ On ice practice of hockey drills with partner, passing/shooting ▪ 60 min duration, skating intensity 50% ▪ Goal: Add movement
<p>STAGE 4 General Conditioning ON ICE, NO CONTACT, NO SCRIMMAGES</p>	<ul style="list-style-type: none"> ▪ Practice team passing, shooting and individual defensive skills ▪ Practice system plays (breakouts, zone drills etc.) ▪ Pre-injury duration, 75% intensity ▪ Goal: Exercise coordination and cognitive load
<p>STAGE 5* Full Team Practice with body Contact ON ICE, CONTACT, SCRIMMAGES</p>	<ul style="list-style-type: none"> ▪ Can only be completed with Written Medical Clearance ▪ Aim to complete with no symptoms ▪ Full practice duration, 90-100% intensity ▪ Goal: Restore confidence. Functional skills assessed by coaches
<p>STAGE 6 Return to Play</p>	<ul style="list-style-type: none"> ▪ Written Medical Clearance ▪ Normal training and competition without restrictions ▪ Monitor and assess periodically