

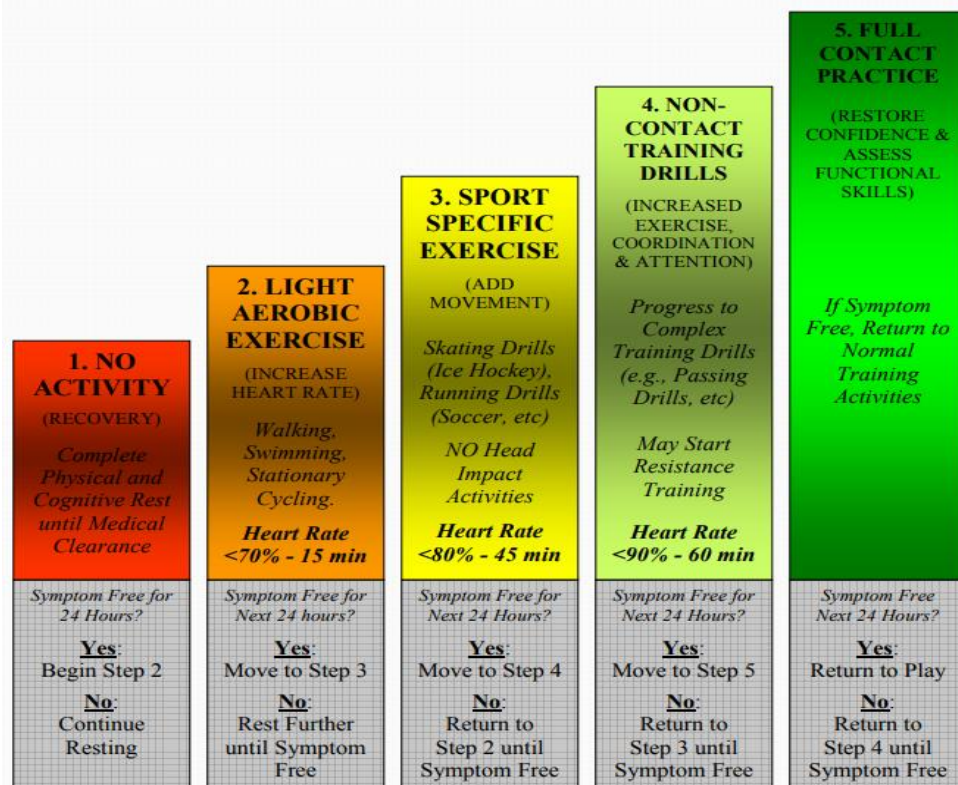


When the Remove from Play Protocol is engaged due to a self-declared concussion diagnosis or a suspected concussion due to an observed head trauma, medical clearance is first required before the student athlete can resume physical activities with their team/club. Additionally, once the student athlete is cleared they must follow a graduated return to physical activity that incrementally increases the intensity and duration of the activity.

If the Removal from Play Protocol is engaged, the following Return from Play Protocol must also be engaged:

- ❑ The player has sought a medical diagnosis from a doctor either confirming a concussion diagnosis or clearing a player.
- ❑ A medical note is to be provided to the Program Supervisor clearing the student athlete to return to physical activity and/or any restrictions that may apply.
- ❑ The medical note must indicate that the student athlete has been cleared through the guidelines recommended by the 2017 Berlin Concussion in Sport Group Consensus Statement.

Once the player has been cleared to return to physical activity, we recommend the following graduated system¹ in returning to normal playing/training activities:



Upon the return of symptoms during the graduated system, the player is advised return to the previous step's activities until symptom free.

¹ Consensus Statement on Concussion in Sport: the 3rd International Conference on Concussion in Sport held in Zurich (2008), Br J of Sports Med 2009; 43: i76-i84 doi:10.1136/bjism.2009.058248.