

# **RETURN TO SCHOOL & HOCKEY-SPECIFIC RETURN TO SPORT STRATEGIES**



HOCKEY CANADA

# Return-to-School Strategy

STEP	ACTIVITY	DESCRIPTION
1	Activities of daily living & relative rest (First 24 – 48 hours)	<ul style="list-style-type: none"> <li>Typical activities at home (e.g. preparing meals, social interactions, light walking).</li> <li>Minimize screen time.</li> </ul>
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"> <li>Homework, reading or other light cognitive activities at school or home.</li> <li>Take breaks &amp; adapt activities as needed.</li> <li>Gradually resume screen time, as tolerated.</li> </ul>
If player can tolerate school activities, progress to Step 3.		
3	Part-time or full days at school with accommodations	<ul style="list-style-type: none"> <li>Gradually reintroduce schoolwork.</li> <li>Part-time school days with access to breaks &amp; other accommodations may be required.</li> <li>Gradually reduce accommodations related to the concussion and increase workload.</li> </ul>
If the 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"> <li>Return to full days at school &amp; academic activities, without accommodations related to the concussion.</li> <li>For return to sport &amp; physical activity, including physical education class, refer to the Hockey-Specific Return-to-Sport Strategy.</li> </ul>
RETURN TO SCHOOL IS COMPLETE.		

# Hockey-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"> <li>▪ Typical activities at home (e.g. preparing meals, social interactions, light walking).</li> <li>▪ Minimize screen time.</li> </ul>
AFTER MAXIMUM OF 24-48 HOURS AFTER INJURY, PROGRESS TO STEP 2		
2	2A: Light effort aerobic exercise	<ul style="list-style-type: none"> <li>▪ Walking or stationary cycling at slow to medium pace for 10 – 15 minutes.</li> <li>▪ May begin light resistance training that does not result in more than mild &amp; brief worsening of symptoms.</li> <li>▪ Exercise up to approximately 55% of maximum heart rate.</li> <li>▪ Take breaks &amp; modify activities as needed.</li> </ul>
	2B: Moderate effort aerobic exercise	<ul style="list-style-type: none"> <li>▪ Gradually increase tolerance &amp; intensity of aerobic activities, such as walking or stationary cycling at a brisk pace for 10 – 15 minutes.</li> <li>▪ May begin light resistance training that does not result in more than mild &amp; brief worsening of symptoms.</li> <li>▪ Exercise up to approximately 70% of maximum heart rate.</li> <li>▪ Take breaks &amp; modify activities as needed.</li> </ul>
IF THE PLAYER CAN TOLERATE MODERATE AEROBIC EXERCISE, PROGRESS TO STEP 3		
3	Individual hockey-specific activities, without risk of inadvertent head impact	<ul style="list-style-type: none"> <li>▪ Add hockey-specific activities (e.g., skating, changing direction, individual drills) for 20 – 30 minutes.</li> <li>▪ Perform activities individually &amp; under supervision from a parent/guardian, coach, or Safety Personnel.</li> <li>▪ Progress to where the player is free of concussion-related symptoms, even when exercising.</li> <li>▪ There should be no body contact or other jarring motions, such as high-speed stops.</li> <li>▪ Players should wear a “No Contact” identification pinny.</li> </ul>



<b>MEDICAL CLEARANCE</b> IF PLAYER 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"> <li>Progress to exercises with no body contact at high intensity, including more challenging drills &amp; activities (e.g., shooting &amp; passing drills, multi-player training, &amp; practices).</li> <li>Where possible, give extra space around other players to avoid collisions or falls on the ice.</li> <li>Players should wear a "No Contact" identification pinny.</li> </ul>
<b>IF THE PLAYER CAN TOLERATE USUAL INTENSITY OF ACTIVITIES WITH NO RETURN OF SYMPTOMS, PROGRESS TO STEP 5</b>		
5	Return to all non- competitive activities, full-contact practice & physical education activities	<ul style="list-style-type: none"> <li>Progress to higher-risk activities including typical training activities, full-contact hockey practices &amp; physical education class activities.</li> <li>Do not participate in competitive gameplay.</li> </ul>
<b>IF THE PLAYER CAN TOLERATE NON-COMPETITIVE, HIGH-RISK ACTIVITIES, PROGRESS TO STEP 6</b>		
6	Return to sport	<ul style="list-style-type: none"> <li>Unrestricted sport &amp; physical activity</li> <li>Full gameplay</li> </ul>
<b>RETURN TO SCHOOL IS COMPLETE.</b>		



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