

Date: _____

Participant's name: _____

To whom it may concern,

Participants who sustain a suspected concussion should be managed according to the *Canadian Guideline on Concussion in Sport*. Accordingly, I have personally completed a Medical Assessment on this patient.

Results of Medical Assessment

- ☐ This patient has not been diagnosed with a concussion and can resume full participation in school, work, and sport activities without restriction.
- ☐ This patient has not been diagnosed with a concussion, but the assessment led to the following diagnosis and recommendations:

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- ☐ This patient has been diagnosed with a concussion.

The goal of concussion management is to allow complete recovery of the patient's concussion by promoting a safe and gradual return to school and sport activities. (as outlined on Page 2 & 3 of this letter) The patient has been instructed to avoid all recreational and organized sports or activities that could potentially place them at risk of another concussion or head injury.

Starting on _____ (date), I would ask that the patient be allowed to participate in school and low-risk physical activities as tolerated and only at a level that does not bring on or worsen their concussion symptoms. The above patient should not return to any full contact practices or games until the coach has been provided with a *Medical Clearance Letter* provided by a medical doctor or nurse practitioner in accordance with the *Canadian Guideline on Concussion in Sport*.

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 Assessment 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 participant without charge.

Return-to-School Strategy

The following is an outline of the Return-to-School Strategy that should be used to help student-participants, parents/legal guardians, and teachers to collaborate in allowing the participant to make a gradual return to school activities. Depending on the severity and type of the symptoms present student-participants will progress through the following stages at different rates. If the student-participant experiences new symptoms or worsening symptoms at any stage, they should go back to the previous stage. Participants should also be encouraged to ask their school if they have a school-specific Return-to-Learn Program in place to help student-participants make a gradual return to school.

Stage	Aim	Activity	Goal of each step	
1		Daily activities at home that do not give the student-participant symptoms	Typical activities during the day as long as they do not increase symptoms (i.e. reading, texting, screen time). Start at 5-15 minutes at a time and gradually build up.	Gradual return to typical activities
		School activities	Homework, reading or other cognitive activities outside of the classroom.	Increase tolerance to cognitive work.
		Return to school part-time	Gradual introduction of schoolwork. May need to start with a partial school day or with increased breaks during the day.	Increase academic activities.
		Return to school full-time	Gradually progress.	Return to full academic activities and catch up on missed schoolwork.

Water Ski and Wakeboard Canada-Specific Return-to-Sport Strategy

The following is an outline of the Return-to-Sport Strategy that should be used to help participants, parents/ legal guardians, coaches, trainers, teachers, and medical professionals to partner in allowing the participant to make a gradual return to sport activities.

An initial period of 24-48 hours of rest is recommended before starting the Water Ski and Wakeboard Canada Return-to-Sport Strategy. If the participant experiences new symptoms or worsening symptoms at any stage, they should go back to the previous stage. It is important that youth and adult student-participants return to full-time school activities before progressing to stage 5 and 6 of the Water Ski and Wakeboard Canada-Specific Return-to-Sport Strategy. It is also important that all participants provide their coach or activity leader with a *Medical Clearance Letter* prior to returning to full impact sport activities.

Stage Aim		Activity	Goal of each step
1	Symptom-limiting activity	Daily activities that do not provoke symptoms.	Gradual re-introduction of work/school activities.

2	Light aerobic activity	Walking or stationary cycling at slow to medium pace. No resistance training.	Increase heart rate.
	Sport-specific exercise	Out of water training activities with limited minimal resistance. Low to moderate in-water activities that	Add movement.
3		pose no risk for any head impact and minimal resistance. (i.e. low intensity swimming) No towed boat activities	
	Non-impact training activity	Harder out of water training activities- may include greater resistance and higher intensity More intense in-water activities. Towed boat activities should be at reduced speeds and participant should wear helmet at all times	Exercise, coordination and increased thinking.
4			
5	Full impact activity	Following medical clearance.	Restore confidence and assess functional skills by coaching staff.
6	Return to sport	Normal sport activity	