

Date: _____

Participant's name: _____

To whom it may concern,

Participants who are diagnosed with a concussion should be managed according to the *Canadian Guideline on Concussion in Sport* including the *Return-to-School* and *Return-to-Sport Strategies* (see page 2 & 3 of this letter). Accordingly, the above participant has been medically cleared to participate in the following activities as tolerated effective the date stated above (please check all that apply, as per page 2 details):

- ☐ **Symptom-limiting activity**
- ☐ **Light aerobic activity**
- ☐ **Sport-specific exercise**
- ☐ **Non-impact training activity**
- ☐ **Full-impact activity**
- ☐ **Return to sport**

What if symptoms recur? Any participant who has been cleared for physical activities, gym class or non-contact practice, and who has a recurrence of symptoms, should immediately remove himself or herself from the activity and inform the teacher or coach. If the symptoms subside, the participant may continue to participate in these activities as tolerated.

Participants who have been cleared for full contact practice or game play must be able to participate in full-time school (or normal cognitive activity) as well as high intensity resistance and endurance exercise (including non-contact practice) without symptom recurrence. Any participant who has been cleared for full-contact practice or full game play and has a recurrence of symptoms, should immediately remove himself or herself from play, inform their teacher or coach, and undergo Medical Assessment by a medical doctor or nurse practitioner before returning to full- contact practice or games.

Any participant who returns to practices or games and sustains a new suspected concussion should be managed according to 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 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 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
2	School activities	Homework, reading or other cognitive activities outside of the classroom.	Increase tolerance to cognitive work.
3	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.
4	Return to school full-time	Gradually progress.	Return to full academic activities and catch up on missed schoolwork.

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 reintroduction of work/school activities.
2	Light aerobic activity	Walking or stationary cycling at slow to medium pace. No resistance training.	Increase heart rate.
3	Sport-specific exercise	Out of water training activities with limited minimal resistance. Low to moderate in-water activities that pose no risk for any head impact and minimal resistance. (i.e. low intensity swimming)	Add movement.

		No towed boat activities	
4	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.
5	Full impact activity	Following medical clearance.	Restore confidence and assess functional skills by coaching staff.
6	Return to sport	Normal sport activity	