

Return-to-Sport Protocol

Designated Person(s)

In accordance with the requirements set out in Rowan's Law and its associated regulation, MSC is required to identify a designated person(s) as having specific responsibilities under the Removal-from-Sport and Return-to-Sport Protocols. The responsibilities for the designated person(s) may be shared between one or more individuals. Each designate must be clear about who has what responsibility under the Removal-from-Sport and Return-to-Sport Protocols.

Under the Return-to-Sport Protocol for MSC, the designated person(s) is/are responsible for ensuring that:

- A skater who has sustained a concussion or is suspected of having sustained a concussion does not return to training, practice or competition until permitted to do so in accordance with the MSC Return-to-Sport Protocol
- When a skater has not been diagnosed with a concussion, the skater is only permitted to return to training, practice or competition if the skater or, if the skater is under 18 years of age, the skater's parent or guardian provides confirmation to the designated person(s) about the outcome of the skater's medical assessment, specifically that the skater has undergone a medical assessment by the physician or nurse practitioner and has not been diagnosed as having a concussion, and has been medically cleared to return to training, practice or competition by a physician or nurse practitioner
- When a skater is diagnosed by a physician or nurse practitioner as having a concussion, the skater is not permitted to move on to unrestricted training, practice or competition unless the skater or, if the skater is under 18 years of age, the skater's parent or guardian provides a confirmation of medical clearance by the physician or nurse practitioner to the designated person(s)
- A skater is not permitted to return to training, practice or competition through MSC's graduated Return-to-Sport steps unless the skater or, if the skater is under 18 years of age, the skater's parent or guardian has shared the medical advice or recommendations they received, if any, with the designated person(s)
- When a skater is diagnosed by a physician or nurse practitioner as having a concussion, the skater or, if the skater is under 18 years of age, the skater's parent/guardian has been informed of the importance of disclosing the diagnosis to any other sport organization with which the skater is registered or school that the skater attends

The regulation states that a designated person(s) may rely on the information received from a skater or, if the skater is under 18 years of age, from the skater's parent or guardian in carrying out their responsibilities under the MSC Return-to-Sport protocol.

The following outlines a Return-to-Sport process for a skater who has been removed from training, practice or competition due to a suspected or diagnosed concussion, regardless of whether or not the concussion was sustained or is suspected of having been sustained during a sport activity associated with MSC:

1. Receive Confirmation
 - Ensure that a skater who has sustained a concussion or is suspected of having sustained a concussion does not return to training, practice or competition until the skater or, if the skater is under 18 years of age, the skater's parent or guardian provides confirmation to the designated person(s) that the skater:
 - a. Has undergone a medical assessment by a physician or nurse practitioner and has not been diagnosed as having a concussion, and;



Return-to-Sport Protocol – Appendix A

SKATE CANADA Return-to-Sport Strategy

The following is an outline of the Skate Canada Return-to-Sport Strategy that should be used to help skaters, coaches, trainers and medical professionals' partner in allowing the individual to make a gradual Return-to-Sport activities.

An initial period of 24-48 hours of rest is recommended before starting the Skating-Specific Return- to-Sport Strategy. The individual should spend a minimum duration of 24 hours without symptom increases at each stage before progressing to the next one. If the individual experiences new symptoms or worsening symptoms at any stage, they should go back to the previous stage. It is important that individuals RETURN TO FULL-TIME LEARN/SCHOOL/COACHING ACTIVITIES before progressing to stage 5 and 6 of the Skate Canada Return-to-Sport Strategy. It is also important that all individuals provide their coach, skating club board of directors or skating school administrators with a Medical Clearance Letter prior to returning to full contact sport activities.

Return-to-Learn/School/Coaching Strategy

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

Stage	Aim	Activity	Goal of each step
1	Daily activities at home that do not give the individual symptoms	Typical activities during the day as long as they do not increase symptoms (ie. reading, texting, screen time). Start at 5-15minutes at a time and gradually build up.	Gradual return to typical activities
2	Learn/School/Coaching activities	Learn/School: Homework, reading or other cognitive activities outside of the classroom. Coaching: Reading or other cognitive activities off the ice	Increase tolerance to cognitive work
3	Return to Learn/School /Coaching part-time	Learn/School: Gradual introduction of schoolwork. May need to start with a partial learn/school day or with increased breaks during the day. Coaching: gradual return to work – may need to start with a partial work day and should remain off the ice	Increase academic/coaching activities
4	Return to Learn/School/Coaching full-time	Learn/School: Gradually progress Coaching: Gradual progress to coaching, first remaining off the ice, then progressing to on - ice; Should start progression from stage 2 to 6 of the Skate Canada Specific Return-to-Sport Strategy for coaches as tolerated.	Return to full academic activities and catch up on missed school work



Source: McCrory et al. (2017). Consensus statement on concussion in sport – the 5th international conference on concussion in sport held in Berlin, October 2016. *British Journal of Sports Medicine*, 51(11), 838-847.

Skate Canada Specific Return-to-Sport Strategy for SINGLES

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	<p>Cardio-vascular testing if available to establish the basic heart rate (HR), where the symptoms appear.</p> <p>If not possible:</p> <ul style="list-style-type: none"> • Medium pace walking without symptoms (HR 100-130) • Light intensity stationary cycling or jogging for 15-20 minutes at sub-symptom threshold intensity • No resistance training. 	<p>Increase heart rate</p> <p>Regain normal heartrate variability.</p>
3	Sport-specific exercise	<p>Running or skating drills. No head impact activities.</p> <p>Off-ice warm-up:</p> <ul style="list-style-type: none"> • sub-maximal with agility exercises. <p>On-Ice intervals:</p> <ul style="list-style-type: none"> • stroking, then turns (no twizzles) • 5 x 3 minutes program parts without jumps or spins at 60-70% max heart rate (around 140), and rest until back to 50-55% max HR (around 80-100) <p>Off-ice training (gym):</p> <ul style="list-style-type: none"> • under 80% of 1 maximal repetition (MR) • No jumps, avoid exercises with head below hips • Core, proprioception, stabilization & flexibility exercises 	<p>Add movement</p> <p>No jumps, no spinning.</p> <p>Try to plan ice session with less skaters on the ice.</p>
4	Non-contact training drills	<p>Warm up:</p> <ul style="list-style-type: none"> • Off-ice double jumps without symptoms (start with 5-10 reps) • Agility with intervals, 8 x 30sec. <p>On-Ice training:</p> <ol style="list-style-type: none"> 1. Full programs with single jumps; no spins; 80-90% max HR (165-180) <ul style="list-style-type: none"> - Rest until back to 50-55% max HR (around 80-100) - Single and double jumps outside programs - No spins 	<p>Exercise, coordination, and increased thinking</p> <p>Avoid repetitive falls.</p> <p>Avoid session with a lot of skaters.</p>



		<p>If tolerated:</p> <ol style="list-style-type: none"> 2. Complete programs with single and double jumps, but no spins <ul style="list-style-type: none"> - Mastered triple jumps outside programs - No spins <p>If tolerated:</p> <ol style="list-style-type: none"> 3. Add more difficult triple jumps 4. No spins <p>Off ice training (gym):</p> <ul style="list-style-type: none"> • No more than 80% of 1 MR (maximal resistance); • Add exercises with external resistance <p>Avoid jumps in training if jumps being done during same day on-icetraining</p>	
5	Full contact practice	<p>Following medical clearance</p> <p>Warm-up Same as previous to injury</p> <p>On-ice training:</p> <ol style="list-style-type: none"> 1. Complete/full programs with all jumps but no spins <ul style="list-style-type: none"> - Spins outside programs <p>If tolerated:</p> <ol style="list-style-type: none"> 2. Progress to full programs <p>Off-ice training (gym):</p> <ul style="list-style-type: none"> • Pre-injury strength & conditioning • Limit jumping depending on how much was done on ice 	Restore confidence and assess functional skills by coaching staff
6	Return-to-Sport	Normal training; no restrictions	



Skate Canada Specific Return-to-Sport Strategy for PAIRS/DANCE/SYNCHRONIZED SKATING

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	<p>Cardio-vascular testing if available to establish the basic HR where the symptoms appear</p> <p>If not possible:</p> <ul style="list-style-type: none"> • Medium pace walking without symptoms (HR 100-130) • Light intensity stationary cycling or jogging for 15-20 minutes at sub-symptom threshold intensity • No resistance training. 	<p>Increase heart rate.</p> <p>Regain normal heartrate variability.</p>
3	Sport-specific exercise	<p>Running or skating drills. No head impact activities.</p> <p>Off-ice warm-up:</p> <ul style="list-style-type: none"> • Sub-maximal with agility exercises. <p>On-Ice intervals:</p> <ul style="list-style-type: none"> • Stroking, then turns (no twizzles, no lifts) • 5 x 3 minutes program parts without jumps, lifts, or spins at 60-70% max heart rate (around 140), and rest until back to 50-55% max HR (around 80- 100) <p>Off-ice training (gym):</p> <ul style="list-style-type: none"> • Under 80% of 1 maximal repetition (MR) • No jumps or lifts, avoid exercises with head below hips <p>Core, proprioception, stabilization & flexibility exercises</p>	<p>Add movement</p> <p>No jumps, no lifts, no spinning</p> <p>Try to plan ice session with less skaters on the ice.</p>
4	Non-contact training drills	<p>Warm up:</p> <ul style="list-style-type: none"> • Off-ice double jumps without symptoms (start with 5-10 reps) • Agility with intervals, 8 x 30sec. • Off-ice lifts 	<p>Exercise, coordination, and increased thinking</p> <p>Avoid repetitive falls.</p> <p>Avoid session with a lot of skaters.</p>



		<p>On-Ice training:</p> <ol style="list-style-type: none"> 1. Full programs with single jumps (including side by side jumps); no spins; 80-90% max HR (165-180) <ul style="list-style-type: none"> - Rest until back to 50-55% max - HR(around 80-100) - Single and double jumps outside programs - Lifts outside of program; No throw jumps - No Death Spiral - No spins <p>If tolerated</p> <ol style="list-style-type: none"> 2. Complete programs with single and double jumps (including side by side)and lifts, but no spins <ul style="list-style-type: none"> - Mastered triple jumps and throw jumps outside programs - No spins - No Death Spirals <p>If tolerated:</p> <ol style="list-style-type: none"> 3. Complete programs with lifts, triple side by side and double throws, no spin. <ul style="list-style-type: none"> - Death spirals and triple throws outside programs - No spins <p>Off ice training (gym):</p> <ol style="list-style-type: none"> 4. No more than 80% of 1 MR (maximal resistance); 5. Add exercises with external resistance <ul style="list-style-type: none"> - Avoid jumps in training if jumps being done during same day on-icetraining 	
5	Full contact practice	<p>Following medical clearance</p> <p>Warm-up: Same as previous to injury</p> <p>On-Ice training:</p> <ol style="list-style-type: none"> 1. Complete/full programs with all jumps, throws and death spirals, but no spins <ul style="list-style-type: none"> - Spins outside programs <p>If tolerated</p> <ol style="list-style-type: none"> 1. Progress to full programs 	Restore confidence and assess functional skills by coaching staff



		Off ice training (gym): <ul style="list-style-type: none"> • Pre-injury Strength & Conditioning • Limit jumping depending on how much was done on ice 	
6	Return-to-Sport	Normal game play	

Skate Canada Specific Return-to-Sport Strategy for COACHES

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	<p>Cardio-vascular testing if available to establish the basic heart rate (HR), where the symptoms appear.</p> <p>If not possible:</p> <ul style="list-style-type: none"> • Medium pace walking without symptoms (HR 100-130) • Light intensity stationary cycling or jogging for 15-20 minutes at sub-symptom threshold intensity • No resistance training. 	<p>Increase heart rate</p> <p>Regain normal heartrate variability.</p>
3	Sport-specific exercise	<p>Running or skating drills. No head impact activities.</p> <p>On-Ice intervals:</p> <ul style="list-style-type: none"> • Stroking, then turns (no twizzles) • 5 x 3 minutes at 60-70% max heart rate (around 140), and rest until back to 50-55% max HR (around 80-100) <p>Off-ice training (gym):</p> <ul style="list-style-type: none"> • Under 80% of 1 maximal repetition (MR) • No exercises with head below hips <p>Core, proprioception, stabilization & flexibility exercises</p>	<p>Add movement</p> <p>No jumps, no spinning.</p>
4	Non-contact training drills	<p>On-Ice intervals:</p> <ul style="list-style-type: none"> • Stroking then turns; 80-90% max HR(165-180) • Rest until back to 50-55% max HR (around 80-100) Single and double jumps • No spins 	<p>Exercise, coordination, and increased thinking</p> <p>Avoid repetitive falls.</p>



		<p>If tolerated:</p> <ul style="list-style-type: none"> • Mastered triple jumps outside programs • No spins <p>If tolerated:</p> <ul style="list-style-type: none"> • Add more difficult triple jumps <p>Off ice training (gym):</p> <ul style="list-style-type: none"> • No more than 80% of 1 MR (maximal resistance); • Add exercises with external resistance 	
5	Full contact practice	<p>Following medical clearance</p> <p>Warm-up Same as previous to injury</p> <p>On-ice training:</p> <ul style="list-style-type: none"> • Jumps • Reintroduce spins <p>If tolerated:</p> <ul style="list-style-type: none"> • Progress to full coaching session physically <p>Off-ice training (gym):</p> <ul style="list-style-type: none"> • Pre-injury Strength & Conditioning • Limit jumping depending on how much was done on ice 	Restore confidence
6	Return-to-Sport	Normal training, no restrictions	