



Ottawa Gymnastics Centre

Return to Sport Form following a Suspected Concussion

Date: _____

Athlete Name: _____

- Has undergone a medical assessment by a registered medical professional who is trained on the [Concussion Recognition Tool 6](#), has NOT been diagnosed as having a concussion, AND
- Has been medically cleared to return to training, practice or competition by a registered medical professional.

OR

- Has undergone a medical assessment by a registered medical professional who is trained on the [Concussion Recognition Tool 6](#), preferably a physician, and HAS been diagnosed as having a concussion.

The athlete must proceed through the graduated return-to-sport steps on the following page, beginning with (circle one):

Step 1

Step 2

Step 3

Step 4

Step 5

Medical professional's name: _____

Medical professional's signature: _____

Graduated Return-to-Sport

It is important to note that typical recovery times vary from person to person, and that some individuals may require more time to progress through the graduated return-to-sport steps (see next page).

It is recommended that an athlete with concussion rest for 24 to 48 hours before beginning step 1.

	Goals	Activities	Duration
Step 1: Symptom-limiting activities	Rest followed by light aerobic activity • Gradual reintroduction of daily school and work activities	Daily activities that don't make symptoms worse • Examples: moving around the home and simple chores	At least 24 hours
STOP: RETURN TO SPORT FORM (modified training) REQUIRED			
Step 2: Light aerobic activity	Early sport specific training starts: Inversion • Increase heart rate • Start non-dynamic basic skills • Limited inversion • No twisting or flipping	Light activities - no twisting or flipping • Walk or stationary bike, slow-medium pace (10-15 min) • Leaps, jumps on flat and low heights • Floor based & low impact landing drills • Static and dynamic stretching • Slow progression strength training • Start basic, non-dynamic inversion (i.e.: handstands) Artistic (floor, beam, pommel horse, parallel bars) • Basic swings, leaps, jumps, dance Trampoline • Non-impact, land-based drills	At least 24 hours
Step 3: Sport-specific exercise	Sport specific training continues: Flipping • Add movement • Add full inversion • Advance to basics and limited flipping • No twisting	Activities listed in Step 2 with increased intensity - no twisting • No contact or head impact activities Artistic • Add basics for uneven bars, rings, and high bar • Start V drills Trampoline • Single flipping skills • Basic tumbling • Timing drills	At least 24 hours
Step 4: Non-contact training, practice drills	Sport specific training progresses: Twisting • Exercise, coordination, and increased thinking • Add complex flipping • Start basic twisting	Activities listed in Step 3 with increased complexity • Add resistance training Artistic • Skill progression on all events • Add twisting/complex flipping Trampoline • Add complex flipping, Single twisting	At least 24 hours
STOP: RETURN TO SPORT FORM (full training) REQUIRED			
Step 5: Unrestricted training and practice	Sport specific training progresses: Advanced Skills • Restore confidence and assess functional skills • Combine complex inversion and rotation • Improve endurance and strength	Unrestricted training and practice, activities in Step 4 with increased complexity Artistic • Complex and higher risk skills (i.e.: release skills) Trampoline • Complex flips/twist skills • Basic sequences	At least 24 hours
Step 6: Return to full training	Return to full training	Unrestricted competition • Focus on slow increase in volume to build stamina & strength • Progress through the following steps 1. Single skill elements 2. Combined elements/sequences 3. Routine parts 4. Full routines	At least 24 hours