



GTHL Return to Play Protocol

Body Checking

Stage 1: Rest and energy conservation (at least 24 hours) *Strategies: hollandbloorview.ca/concussionhandbook

- Rest your brain and body (stop studying, working and playing).
- Conserve your brain and body's energy, it is needed to feel well and allow the brain to heal.

Stage 1: Signature of completion (requires player & parent/guardian signatures)

I confirm that _____ completed Stage 1 for minimum of 24 hours with no symptoms on _____
MM/DD/YY

(Player Signature)

(Parent/Guardian Signature)

Stage 2: Light general exercise (at least 24 hours)

- Off-ice activities. NO contact. NO Checking.
- Begin with a warm up (stretching/flexibility) for 5-10 minutes.
- Start a cardio workout for 15-20 minutes which can include: stationary bicycle, elliptical, treadmill, fast paced walking, light jog, rowing or swimming (50% intensity).

Stage 2: Signature of completion (requires player & parent/guardian signatures)

I confirm that _____ completed Stage 2 for minimum of 24 hours with no symptoms on _____
MM/DD/YY

(Player Signature)

(Parent/Guardian Signature)

Stage 3: General conditioning and hockey specific skills work done individually (at least 24 hours)

- Off-ice activities. NO contact. NO Checking.
- Begin with a warm up (stretching/flexibility) for 5-10 minutes.
- Increase intensity and duration of cardio workout to 20-30 minutes.
- Begin hockey specific skill work: individual stick handling and shooting drills.
- 50-60% intensity.

Stage 3: Signature of completion (requires player & parent/guardian signatures)

I confirm that _____ completed Stage 3 for minimum of 24 hours with no symptoms on _____
MM/DD/YY

(Player Signature)

(Parent/Guardian Signature)

Stage 4: General conditioning and hockey specific skill work done with a teammate (at least 24 hours)

- Can begin on-ice activities. NO contact. NO body checking.
- Increase duration up to 60 minutes. Begin resistance training including neck and core strengthening exercises.
- Begin on-ice skating warm-up: forwards, backwards, stop and start, cones.
- Begin on-ice practice of hockey drills with a partner: passing, shooting on goalie and other position specific drills like face-offs and deflections. Skating intensity 50%.
- Goalies begin in net with a coach shooting pucks in a controlled manner (e.g. progressing from shots to the pads/along the ice, glove shots then shots to the corners).

Stage 4: Signature of completion (requires player, parent/guardian & trainer signatures)

I confirm that _____ completed Stage 4 for minimum of 24 hours with no symptoms on _____
MM/DD/YY

(Player Signature)

(Parent/Guardian Signature)

(Trainer)

*Acknowledgement: [Montreal Children's Hospital "Return To Hockey Following A Concussion"](#)

*McCroly P, Meeuwisse W, Johnston K et al. [Consensus Statement on Concussion in Sport: The 4th International Conference on Concussion](#) in Sport Held in Zurich, Nov 2012. British Journal of Sports Medicine 2013 47: 250-258

*The 2016-2017 GTHL Concussion Protocol was made in collaboration with the GTHL Safety Committee and the Holland Bloorview Concussion Centre from the Holland Bloorview Kids Rehabilitation Hospital hollandbloorview.ca/concussion



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Stage 5: General conditioning, hockey specific skill work and team drills (at least 24 hours)

- On the ice. No Contact. No Scrimmages.
- Resume pre-injury duration of practice and team drills.
- Practice team passing, shooting drills and individual defensive skills.
- Practice break-out drills, 3 on 2's/2 on 1's and defensive coverage drills.
- Practice offensive and defensive plays.
- Review body checking and protection techniques. Skating intensity 75%.
- Goalies begin in net for controlled player drills (e.g. facing a single puck in play or players shooting one at a time). No drills that require a skater to drive hard to the net, to minimize accidental contact.

Stage 5: Signature of completion (requires player, parent/guardian & trainer signatures)

I confirm that _____ completed Stage 5 for minimum of 24 hours with no symptoms on _____
MM/DD/YY

(Player Signature)

(Parent/Guardian Signature)

(Trainer)

(Physician signature or see attached)

Physician signature stamp and credentials

MEDICAL CLEARANCE REQUIRED BEFORE PROCEEDING TO STAGE 6

Stage 6: Full team practice with contact (at least 24 hours after medical clearance)

- On-ice activities with body checking.
- Participate in a full practice to get yourself back in the line-up (scrimmages)
- If completed with no-symptoms, discuss with coach/trainer about returning to full game play.
- Coaches/trainers must make sure that the player has regained their pre-injury skill level and is confident with their ability to return to game play. Skating intensity 100%.
- Goalies return to full team practice with hard driven shots, drives to the net and puck battles around the net. .

Stage 6: Signature of completion (requires player, parent/guardian & trainer signatures)

I confirm that _____ completed Stage 6 for minimum of 24 hours with no symptoms on _____
MM/DD/YY

(Player Signature)

(Parent/Guardian Signature)

(Trainer)

Stage 7: Return to game play

- **Players must spend a minimum of 24 hours at each stage, however most individuals should spend longer.**
- Required signatures must be completed BEFORE moving to the next stage. If the player experiences any symptoms during OR after the activities in any stage, the player should stop that activity immediately, rest for 24 hours and return to the previous successful stage before trying those activities again.
- A medical clearance must be from a family physician, pediatrician, sports-medicine physician, neurologist or nurse practitioner. *Documentation from any other source will not be acceptable.

**UPON SUCCESSFUL COMPLETION OF STAGE 6, THIS FORM MUST BE SENT TO MFATA@GTHLCANADA.COM
(FAX: 416- 636-2035) BEFORE PLAYER IS PERMITTED TO PROCEED TO STAGE 7**

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