

## REMOVAL FROM SPORT & RETURN TO SPORT PROTOCOLS



### Removal from Sport

1. REMOVE. A suspected concussion has been identified and the athlete is immediately removed from play. Coaches hold the final decision to remove athletes with a suspected concussion.
2. ASSESS. Assess whether the athlete is experiencing any concussion symptoms.
  - a. Immediately call 911 if the athlete is experiencing any Red Flag symptoms: Neck pain or tenderness, double vision, weakness or tingling in arms or legs, severe or increasing headache, seizure or convulsion, loss of consciousness, vomiting more than once, increasingly restless, agitation, increased aggression, noticeable confusion.
  - b. Advise the athlete and family to seek medical attention if the athlete is experiencing any general concussion symptoms: Headaches, dizziness, nausea, blurred vision, sensitivity to light or sound, ringing in ears, balance problems, drowsiness, difficulty thinking, slower thinking, feeling confused, problems concentrating and remembering, sleeping more or less than usual, difficulty falling asleep and staying asleep, sadness, irritable, nervousness or anxiety.
3. INFORM. Call and inform the parent/guardian (for athletes under 18 years of age) or emergency contact about the removal from further training, practice, or competition. The athlete, or their parent/guardian if the athlete is under 18 years of age, is advised that the athlete must undergo a medical assessment by a physician or nurse practitioner before the athlete will be permitted to return to sport.
4. PROTOCOLS. The athlete, or their parent/guardian if the athlete is under 18 years of age, is provided with Muskoka Elite Removal-from-Sport and Return-to-Sport protocols after the athlete's removal.
5. RECORD. Complete an incident report detailing the incident, what actions were taken, and what was communicated to the family. CC [info@muskokaelite.com](mailto:info@muskokaelite.com) on all communication.
6. MEDICAL ASSESSMENT. Athlete is to be assessed by a medical professional. If a concussion is diagnosed, the athlete will observe a 10-day pause from all practices.
7. RETURN. Athlete will enter Step 1 of Muskoka Elite's Return to Sport protocols after 10-days off of training and when a medical professional has cleared him or her to return to cheer.

### Return to Sport

Muskoka Elite asks and requires that athletes observe a 10-day pause in training before starting any gradual return to sport. An athlete must not resume unrestricted participation in training, practice or competition until they have received medical clearance. Once cleared to return, the table below will guide their return to full participation. Athletes will observe each step for at least 24 hours. If activities do not aggravate concussion symptoms, the athlete will proceed to the next step.

1. SYMPTOM-LIMITING ACTIVITY. Daily activities that don't make symptoms worse, such as moving around the home and simple chores. Light aerobic activities that increase the heart rate slightly, such as practice warm up and stretching.
2. SPORT-SPECIFIC, NON-CONTACT TRAINING. Individual physical activity such as warm up, stretching, jump training, low-risk tumbling training, and routine marking. More difficult training drills and resistance training. No contact or head impact activities including stunting or power tumbling.
3. RETURN TO SPORT. Unrestricted team practices and competition.