

ASC Concussion Policy:

Appendix E – ASC Return to Sport Protocol

Approved by the ASC Board of Directors, August 6, 2025

The following outlines a return-to-sport process for an individual 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 ASC. Personal information retained under this protocol shall be retained, disclosed and disposed in accordance with the ASC Privacy Policy.

The ASC Designated Person (Return to Sport) shall be as follows:

- Applicable Coach Coordinator, assisted by an assigned Board member

1. Obtain a Medical Assessment

An individual who has sustained a concussion, is suspected of having sustained a concussion or has been removed from sport, must obtain a medical assessment by a physician or nurse practitioner before returning to training, practice or competition. It is recommended that the individual (or their parent/guardian if the individual is under 18 years of age) provide the health care practitioner with a copy of the ASC Removal from Sport and Return to Sport protocols and ASC Return to Skate form (Appendices D, E and F). In addition, for ASC Participants in StarSkate or Synchronized Skating, it is recommended the Skate Canada Concussion Protocol (<https://skatecanada.ca/wp-content/uploads/2024/11/Concussion-Protocol.pdf>) be provided to the health care practitioner.

2. Provide Confirmation

The individual (or their parent/guardian if the individual is under 18 years of age), must provide confirmation (using the ASC Return to Skate form in Appendix F, or equivalent) to the ASC Designated Person (Return to Sport) that the individual:

- a) Has undergone a medical assessment by a physician or nurse practitioner and has not been diagnosed as having a concussion, and
- b) Has been medically cleared to return to training, practice or competition by the physician or nurse practitioner.

3. If Diagnosed with Having A Concussion

If an individual has been diagnosed by a physician or nurse practitioner as having a concussion the individual must proceed through the graduated return-to-sport steps.

4. Graduated Return-to-Sport Steps

The graduated return-to-sport steps may include the activities outlined below. For Participants in ASC StarSkate or Synchronized Skating programs, more specific activity lists are available in the Skate Canada Concussion Protocol:

(<https://skatecanada.ca/wp-content/uploads/2024/11/Concussion-Protocol.pdf>).

It is typically recommended that an individual with concussion rest for 24 to 48 hours before beginning step 1; it is important to note that typical recovery times vary from person to person, and some individuals may require more time to progress through the steps.

	Activities	Goal of Step	Duration
STEP 1: Symptom-limiting activities	Daily activities that don't make symptoms worse, such as moving around the home and simple chores	Gradual reintroduction of daily school, and work activities	At least 24 hours
STEP 2: Light aerobic activity	Light activities such as walking or stationary bicycle at slow to medium pace for 10 to 15 minutes	Increase heart rate	At least 24 hours

STEP 3: Sport-specific exercise	Individual physical activity such as running or skating.	Add movement	At least 24 hours
STEP 4: Non-contact training, practice drills	Harder training drills. Add resistance training (if appropriate).	Exercise, coordination, and increased thinking	At least 24 hours
STEP 5: Unrestricted Training & Practice	Unrestricted training and practice - with contact where applicable	Restore confidence and assess functional skills	At least 24 hours; Obtain clearance from physician or nurse practitioner before unrestricted training, practice or competition
STEP 6: Return-to-Sport	Unrestricted competition.		

An individual is typically ready to progress to the next step when they can do the activities at their current step without new or worsening symptoms. If at any step symptoms get worse, they should stop and return to the previous step before trying again. If symptoms do not improve or if the symptoms continue to worsen, the individual should return to the physician or nurse practitioner.

5. Share Medical Advice

An individual, or the individual's parent or guardian must share the medical advice/restrictions/recommendations they receive (using the ASC Return to Skate form in Appendix F, or equivalent) with the ASC Designated Person (Return to Sport) before being permitted to return to training, practice or competition through the graduated return-to-sport steps, if any.

6. Disclosing Diagnosis

The ASC Designated Person (Return to Sport) must inform the individual or, if the individual is under 18 years of age, the individual's parent or guardian of the importance of disclosing the diagnosis to any other sport organization with which the individual is registered or school that the individual attends.

7. Medical Clearance

The individual, or the individual's parent or guardian must provide the ASC Designated Person (Return to Sport) a confirmation of medical clearance by a physician or nurse practitioner before the individual is permitted to move on to unrestricted training, practice or competition (use the ASC Return to Skate form in Appendix F, or equivalent).

8. Record Progression

The ASC Designated Person (Return to Sport) must make and keep a record of the individual's progression through the graduated return-to-sport steps until the individual, or the individual's parent or guardian, has provided a confirmation of medical clearance by a physician or nurse practitioner to the designated person(s). The progression record will be documented in the appropriate ASC on-line folder.

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