



Return to Play/Return to Physical Activity Plan – for ARCHERY

- This is a re-occurring concussion (i.e. Athlete has come to archery, having sustained a concussion in another sport prior to joining archery).
 This is a re-occurring concussion (i.e. Athlete sustained a concussion while participating in a previous archery event).
 This is a **NEW** concussion (i.e. Athlete has had a concussion at an archery event).

Athlete Name _____ PLAN Start Date _____

If at any time during the following stages of the Plan, signs and/or symptoms of a concussion return, an examination of the athlete by a medical doctor/nurse practitioner is recommended. The athlete will resume the plan at an appropriate stage as needed. *See Attached Information Sheet and Guide for Parents, Athletes and Coaches Each stage must take a minimum of 24 hours and athlete/archer must be symptom free to proceed to the next stage.

Stage	Stage Description	Date Completed	Parent Initials	Athlete Initials	Notes
1. Total Rest; at Home	Cognitive (limiting reading, texting, TV, music, etc) and physical rest (no recreational & competitive activities) Concussion symptoms have shown improvement - go to Stage 2a / Concussion symptoms are no longer present - go to Stage 2b				
2a. Return to Learn with Accommodations	Athlete returns to school and receives individualized classroom strategies which gradually increase cognitive load. Physical rest continues until there is NO return of symptoms				
2b. Return to Learn	Athlete returns to school and regular learning activities with NO individualized strategies. Physical rest continues. NO return of symptoms				
Parent/guardian and athlete agree here to start athlete <u>light activity</u> in ARCHERY!					

Stage	Stage Description	Date Complete	Parent Initials	Student Initials	Notes
3. Return to Light Physical Activity	Athlete returns to light ARCHERY activity (incl. walking, drawing bow) keeping heart rate at 70% or less. ONLY LIGHT WEIGHT/NO drills. Ensure there is NO return of symptoms/Monitor closely.				
4. Return to Sport Specific Physical Activity	Athlete returns to other sport specific activities (shooting drill; etc). ONLY Low To moderate weight. Ensure there is NO return of symptoms/Monitor closely.				
5. Return to Regular Practice	Athlete returns to regular activities in practices and progression abilities and skills applications Moderate to Regular Weight /trial to return to -training may be started. Ensure NO return of symptoms/Monitor Closely.				
*Medical Examination	Prior to returning to REGULAR physical activities with REGULAR weight, it is recommended that the athlete have a medical exam to confirm he/she is in a state of readiness to resume the ARCHERY Training Program, prepared by a coach..				
6. Return to REGULAR Physical Activity & TRAINING PROGRAM	Athlete returns to regular participation in ARCHERY and full training/practices for per TRAINING PLAN Prepared by coach. No competition. Ensure there is NO return of symptoms/Monitoring is ongoing. *Athlete can return to Archery competition w approval from medical Doctor, following examination and sign-off. As well, must continue to monitor Archery under extreme conditions (i.e. extreme heat, high performance pressure.)				
7. Follow-up conversation : 3 months	At the end of 3 months following the initial date if incident, there is a follow-up conversation with parents, athlete and coach to ensure the athlete is doing well.				

*PLAN is to be completed and returned to the Office Administrator for the OAA. Injuries having to do with concussions are tracked by our organization.

After a Concussion:

RETURN-TO-SPORT STRATEGY



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A concussion is a serious injury, but you can recover fully if your brain is given enough time to rest and recuperate.

Returning to normal activities, including sport participation, is a step-wise process that requires patience, attention, and caution.

In the Return-to-Sport Strategy:

- ▶ Each stage is at least 24 hours.
- ▶ Move on to the next stage when activities are tolerated without new or worsening symptoms.
- ▶ If any symptoms worsen, stop and go back to the previous stage for at least 24 hours.
- ▶ If symptoms return after medical clearance, follow up with a doctor for re-assessment.

Stage 1: Symptom-limiting activities

After an initial short period of rest of 24 to 48 hours, light cognitive and physical activity can begin, as long as these don't worsen symptoms. You can start with daily activities like moving around the house, simple chores, and gradually introducing school and work activities at home.

Stage 2: Light aerobic activity

Light exercise such as walking or stationary cycling, for 10 to 15 minutes. The duration and intensity of the aerobic exercise can be gradually increased over time if symptoms don't worsen and no new symptoms appear during the exercise or in the hours that follow. No resistance training or other heavy lifting.

Stage 3: Individual sport-specific exercise with no contact

Activities such as skating, running, or throwing can begin for 20 to 30 minutes. There should be no body contact or other jarring motions, such as high-speed stops or hitting a ball with a bat. No resistance training.

Stage 4: Begin training drills with no contact

Add in more challenging drills like passing drills. There should be no impact activities (no checking, no heading the ball, etc.). Start to add in progressive resistance training.

Stage 5: Full contact practice following clearance by a doctor.

Stage 6: Return to Sport

Full game play or competition.



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Concussion Ed

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How long does this process take?

Each stage is a minimum of 24 hours, but could take longer, depending on how activities affect the way you feel. Since each concussion is unique, people will progress at different rates. For most people, symptoms improve within 1 to 4 weeks. If you have had a concussion before, you may take longer to heal the next time.

If symptoms are persistent (i.e., last longer than two weeks in adults or longer than four weeks in youth), your doctor should consider referring you to a healthcare professional who is an expert in the management of concussion.

How do I find the right doctor?

When dealing with concussions, it is important to see a doctor who is knowledgeable in concussion management. This might include your family doctor or a specialist like a sports medicine physician. Your family doctor may be required to submit a referral for you to see a specialist.

Contact the Canadian Academy of Sport and Exercise Medicine (CASEM) to find a sports medicine physician in your area. Visit www.casem-acmse.org for more information. You can also refer your doctor to parachutecanada.org/concussion for more information.

What if my symptoms return or get worse during this process?

If symptoms return or get worse, or new symptoms appear, return to the previous stage for at least 24 hours. Continue with activities that you can tolerate.

If symptoms return after medical clearance (Stages 5 and 6) you should be re-assessed by your doctor before resuming activities. Remember, symptoms may return later that day or the next, not necessarily during the activity!

Never return to sport until cleared by a doctor!

Returning to active play before full recovery from concussion puts you at higher risk of sustaining another concussion, with symptoms that may be more severe and last longer.

Additional Resources

Return-to-School Strategy

<http://horizon.parachutecanada.org/en/article/parachutes-return-to-learn-protocol>

Canadian Guideline on Concussion in Sport

<http://www.parachutecanada.org/guideline>

Concussion: Baseline Testing

<http://www.parachutecanada.org/downloads/injurytopics/BaselineTesting-FactSheet-Parachute.pdf>

Concussion guide for

COACHES AND TRAINERS



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What is a concussion?

A concussion is a brain injury that cannot be seen on routine X-rays, CT scans, or MRIs. It affects the way an athlete may think and remember things, and can cause a variety of symptoms.

What are the signs and symptoms of a concussion?

An athlete does not need to be knocked out (lose consciousness) to have had a concussion. The athlete might experience one or more of the following:

Thinking Problems	Athlete's Complaints	Other Problems
<ul style="list-style-type: none">• Does not know time, date, place, period of game, opposing team, score of game• General confusion• Cannot remember things that happened before and after the injury• Knocked out	<ul style="list-style-type: none">• Headache• Dizziness• Feeling dazed• Feeling "dinged" or stunned; "having my bell rung"• Seeing stars, flashing lights• Ringing in the ears• Sleepiness• Loss of vision• Seeing double or blurry vision• Stomachache, stomach pain, nausea	<ul style="list-style-type: none">• Poor co-ordination or balance• Blank stare/glassy-eyed• Vomiting• Slurred speech• Slow to answer questions or follow directions• Easily distracted• Poor concentration• Strange or inappropriate emotions (i.e., laughing, crying, getting mad easily)• Not playing as well

Get medical help immediately if an athlete has any "red flag" symptoms such as neck pain, repeated vomiting, growing confusion, seizures, and weakness or tingling in their arms or legs. These may be signs of a more serious injury.



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What causes a concussion?

Any blow to the head, face or neck, or a blow to the body which causes a sudden jarring of the head may cause a concussion (e.g., a ball to the head, being checked into the boards).

What should I do if I think an athlete might have a concussion?

In all suspected cases of concussion, the athlete should stop playing right away. Continuing to play increases their risk of more severe, longer-lasting concussion symptoms, as well as increases their risk of other injury.

The Concussion Recognition Tool 5 (CRT5) can be used by anyone to help recognize the signs and symptoms of a possible concussion.

The athlete should not be left alone and should be seen by a doctor as soon as possible that day. They should not drive.

If the athlete loses consciousness, call an ambulance to take them to the hospital right away. Do not move them or remove any equipment such as a helmet.

The athlete should not return to play the same day.

How long will it take for the athlete to get better?

The signs and symptoms of a concussion usually last for one to four weeks, but may last longer. In some cases, it may take many weeks or months to heal. If the athlete has had a previous concussion, they may take longer to heal.

If the athlete's symptoms are persistent (i.e., last longer than two weeks in adults or longer than four

weeks in youth under 18 years old) they should be referred to a healthcare professional who is an expert in the management of concussion.

How is concussion treated?

After an initial short period of rest (24 to 48 hours), light cognitive and physical activity can begin, as long as these don't worsen symptoms.

As the athlete is recovering from concussion, they should not do any activities that may make their symptoms worse. This might mean limiting activities such as exercising, driving, and screen time on their phone or other devices.

Recovering from concussion is a process that takes patience. Going back to activities before the athlete is ready is likely to make their symptoms worse, and their recovery may take longer.

When should the athlete go to the doctor?

Anyone with a possible head injury should be seen by a doctor as soon as possible.

The athlete should go back to the doctor immediately if, after being told they have a concussion, they have worsening symptoms, such as:

- being more confused
- headache that is getting worse
- vomiting more than twice
- not waking up
- having any trouble walking
- having a seizure
- strange behaviour

When can the athlete return to school?

On average, students with concussion miss one to four days of school. Each concussion is unique, so the athlete may progress at a different rate than others.

The Return-to-School Strategy provides information on the stages of returning to the classroom. **Return to school must come before full return to sport.**

When can the athlete return to sport?

It is very important that an athlete not go back to full participation in sport if they have any concussion signs or symptoms. Return to sport and physical activity must follow a step-wise approach.

In this approach:

- Each stage is at least 24 hours.
- The athlete moves on to the next stage when they can tolerate activities without new or worsening symptoms.
- If any symptoms worsen, the athlete should stop and go back to the previous stage for at least 24 hours.

Stage 1: After an initial 24 to 48 hours of rest, light cognitive and physical activity can begin, as long as these don't worsen symptoms. The athlete can start with daily activities such as moving around the home and simple chores, such as making their bed.

Stage 2: Light aerobic activity such as walking or stationary cycling, for 10 to 15 minutes. The athlete shouldn't do any resistance training or other heavy lifting.

Stage 3: Individual sport-specific exercise with no contact for 20 to 30 minutes (e.g., running, throwing). The athlete shouldn't do any resistance training.

Stage 4: Begin practising with no contact (no checking, no heading the ball, etc.). Add in more challenging drills. Start to add in resistance training.

Stage 5: Participate in practice with contact, once cleared by a doctor.

Stage 6: Full game play or competition.

The Return-to-Sport Strategy provides more information on the stages of returning to sport.

An athlete should never return to sport until cleared by a doctor!

Returning before full recovery from concussion puts athletes at higher risk of sustaining another concussion, with symptoms that may be more severe and last longer.

Additional Resources

Return-to-School Strategy

<http://horizon.parachutecanada.org/en/article/parachutes-return-to-learn-protocol>

Return-to-Sport Strategy

<http://horizon.parachutecanada.org/wp-content/uploads/2017/06/Concussion-ReturnToSport.pdf>

Canadian Guideline on Concussion in Sport

<http://www.parachutecanada.org/guideline>

Concussion: Baseline Testing

<http://www.parachutecanada.org/downloads/injurytopics/BaselineTesting-FactSheet-Parachute.pdf>

Making Headway eLearning (Coaching Association of Canada)

<https://coach.ca/making-headway-concussion-elearning-series-p153487&language=en>