

RETURN TO SPORT

Coaches should provide a safe environment for participants to gradually return to sport and activity after a concussion. This includes a Return to Sport strategy in alignment with recommendations from a licensed healthcare professional.

When using the Return to Sport strategy:

- Discuss with the participant how they can stay engaged with the team before returning to activity, such as taking statistics, recording and reviewing videos, and social events.
- Identify which activities and drills the participants can do safely during each step of the Return to Sport strategy.
- Encourage participants to share any challenges they are experiencing with parents or guardians, teachers, and medical professionals.
- Monitor the participant's progress and consult a healthcare professional if the participant's symptoms return after medical clearance.