

# Appendix C-6

## Sample Documentation for Medical Clearance

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*This form is for students who have completed the Return to School (RTS) Stage 4b and Return to Physical Activity (RTPA) Stage 4 (consult the School Concussion Management Plan). The student must be medically cleared by a medical doctor/nurse practitioner prior to moving on to full participation in non-contact physical activities and full contact practices (RTPA Stage 5).*

Student Name:

Date:

I have examined this student and confirm they are medically cleared to participate in the following activities:

- Full participation in Physical Education classes
- Full participation in Intramural physical activities (non-contact)
- Full participation in non-contact Interschool Sports (practices and competition)
- Full-contact training/practice in contact Interschool Sports

Other comments:

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## Medical Doctor/Nurse Practitioner

*In rural or northern regions, the Medical Clearance Letter may be completed by a nurse with pre-arranged access to a medical doctor or nurse practitioner. Forms completed by other licensed healthcare professionals should not be otherwise accepted.*

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

What if symptoms recur? A student who has received Medical Clearance and has a recurrence of symptoms or new symptoms appear, must immediately remove themselves from play, inform their parent/guardian/teacher/coach, and return to medical doctor or nurse practitioner for Medical Clearance reassessment before returning to physical activity.

Table 1: School Concussion Management Plan

| Return to School (RTS) Stages  | Return to Physical Activity (RTPA) Stages  |
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| Each stage must last a minimum of 24 hours.  | Each stage must last a minimum of 24 hours.  |
| <p><b><u>RTS - Stage 3a</u></b></p> <p>Student begins with an initial time at school of 2 hours.</p> <p>The individual RTS Plan is developed by Collaborative Team following the</p> | <p><b><u>RTPA –Stage 3</u></b></p> <p>Simple locomotor activities/sport-specific exercise to add movement.</p> |

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| <p>student conference and assessment of the student’s individual needs<br/>                 determining possible strategies and/or approaches for student learning<br/>                 (consult Table 5 and 6 in Appendix C-1).</p>      |   |
| <p><b><u>RTS - Stage 3b</u></b><br/><br/>                 Student continues attending school half time with gradual increase in school attendance time, increased school work, and decrease in learning strategies and/or approaches.</p> |   |
| <p><b><u>RTS– Stage 4 a</u></b><br/><br/>                 Full day school, minimal adaptation of learning strategies and/or approaches. Nearly normal workload.</p>   | <p><b><u>RTPA –Stage 4</u></b><br/><br/>                 Progressively increase physical activity. Non-contact training drills to add coordination and increased thinking.</p>  |
| <p><b><u>RTS - Stage 4b</u></b><br/><br/>                 At school: full day, without adaptation of learning strategies and/or approaches.</p>   | <p><b><u>Before progressing to RTPA Stage 5, the student must:</u></b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> have completed RTS Stage 4a and 4b (full day at school without adaptation of learning strategies and/or approaches</li> <li><input type="checkbox"/> have completed RTPA Stage 4 and be</li> </ul> |

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|  | symptom-free, and<br><input type="checkbox"/> obtain signed Medical Clearance from a medical doctor or nurse practitioner.  |
|  | <p><b><u>RTPA–Stage 5</u></b></p> <p>Following medical clearance, full participation in all non-contact physical activities (that is, non-intentional body contact) and full contact training/practice in contact sports.</p> |
|  | <p><b><u>RTPA - Stage 6</u></b></p> <p>Unrestricted return to contact sports.</p>   |

*The RTS and RTPA Plan has been developed in partnership with Parachute and is based on the most recent research and recommendations of the expert scientific community on concussion that is, the Canadian Guidelines on Concussion in Sport, July 2017 and the Berlin Consensus Statement on Concussion in Sport, October 2016.*