

Soccer Canada Concussion Assessment Medical Report

This form serves as an aid to medical professionals to inform an athlete's team staff regarding the diagnosis and status of concussion following an impact during a soccer activity. This form must be completed by a qualified medical doctor or nurse practitioner¹.

STEP 1: Consent to Disclose Personal Health Information

MUST be completed by athlete/parent/guardian prior to physician assessment

Pursuant to the Personal Health Information Protection Act, 2004 (PHIPA)

I, _____, authorize _____
(Print your name) (Print name of health information custodian)

to disclose:

- my personal health information, or
 the personal health information of _____
(Name of person for whom you are the substitute decision-maker²)

to _____
(Print name of the Head Coach/Trainer and Soccer Association requiring the information)

consisting of the information provided regarding the injury, as requested below.

I understand the purpose for disclosing this personal health information to the person noted above. I understand that I can refuse to sign this consent form.

My Name: _____ Address: _____

Telephone (Home or Mobile): _____

Signature: _____ Date: _____

Witness Name: _____

Signature: _____ Date: _____

STEP 2: Physician Assessment (Check one)

- This patient has **NOT been diagnosed with a concussion** and can resume full participation in school, work, and sport activities without restriction.
- This patient has been **diagnosed with a concussion**.
They have been advised about concussion management and may participate in training sessions once they have NO concussion symptoms AND have subsequently managed light exercise for 15 minutes WITHOUT concussion symptoms
A second report is necessary prior to returning to full contact soccer activities or games
- This patient has **recovered from a concussion** and may participate in full contact training sessions and subsequently game play, if they remain clear of concussion symptoms.
If symptoms recur after return to soccer, a repeat medical assessment is necessary

Signature: _____ MD / NP¹ (circle designation)

Print Name: _____ Date: _____

¹ In rural or northern regions, a nurse may complete the Concussion Assessment Medical Report Form with pre-arranged access to a medical doctor or nurse practitioner. Forms completed by other licensed healthcare professionals should not otherwise be accepted.

² Please note: A substitute decision-maker is a person authorized under PHIPA to consent, on behalf of an individual, to disclose personal health information about the individual.

Modified from the Canadian Guidelines on Concussion in Sport¹:

Return-to-School Strategy

The following is an outline of the *Return-to-School Strategy* that should be used to help student-athletes, parents, and teachers to partner in allowing the athlete to make a gradual return to school activities. Depending on the severity and type of the symptoms present, student-athletes will progress through the following stages at different rates. If the student-athlete experiences new symptoms or worsening symptoms at any stage, they should go back to the previous stage.

Stage	Aim	Activity	Goal of each step
1	Daily activities at home that do not give the student- athlete symptoms	Typical activities during the day as long as they do not increase symptoms (i.e. reading, texting, screen time). Start at 5-15 minutes at a time and gradually build up.	Gradual return to typical activities
2	School activities	Homework, reading or other cognitive activities outside of the classroom.	Increase tolerance to cognitive work.
3	Return to school part-time	Gradual introduction of schoolwork. May need to start with a partial school day or with increased breaks during the day.	Increase academic activities.
4	Return to school full-time	Gradually progress school activities until a full day can be tolerated	Return to full academic activities and catch up on missed school work.

Soccer-Specific Return-to-Sport Strategy

The following is an outline of the *Return-to-Sport Strategy* that should be used to help athletes, coaches, trainers, and medical professionals to partner in allowing the athlete to make a gradual return to sport activities.

An initial period of 24-48 hours of rest is recommended before starting their *Soccer-Specific Return-to-Sport Strategy*. If the athlete experiences new symptoms or worsening symptoms at any stage, they should go back to the previous stage. It is important that youth and adult student-athletes return to full-time school activities before progressing to stage 5 and 6 of the *Soccer-Specific Return-to-Sport Strategy*. All athletes must provide their coach with a second *Concussion Assessment Medical Report* prior to returning to full contact sport activities.

Stage	Aim	Activity	Goal of each step
1	Symptom-limiting activity	Daily activities that do not provoke symptoms.	Gradual re-introduction of work/school activities.
Once concussion related symptoms have resolved:			
2	Light aerobic activity	Walking, light jogging, swimming or stationary cycling at slow to medium pace. No resistance training.	Increase heart rate.
3	Soccer-specific exercise	Simple movement (ie running drills), limiting body and head movements. No head impact activities. No heading.	Add movement.
4	Non-contact training drills	Harder training drills, i.e. passing drills, change of direction, shooting. May start resistance training. No head impact activities. No heading.	Exercise, coordination and increased thinking.
Repeat medical assessment and clearance with second Concussion Assessment Medical Report			
5	Full contact practice	Normal training activities, ie. tackling, heading, diving saves.	Restore confidence and assess functional skills by coaching staff.
6	Game play	Normal game play. Player rehabilitated	

How long will it take for concussion recovery?

Most athletes who sustain a concussion will make a complete recovery within 1-2 weeks while most youth athletes will recover within 1-4 weeks. Approximately 15-30% of patients will experience persistent symptoms (>2 weeks for adults; >4 weeks for youth) that may require additional medical assessment and management.

¹ Parachute. (2017). *Canadian Guideline on Concussion in Sport*. Toronto: Parachute.