

Medical Concussion Clearance Form

The Medical Concussion Clearance Form is for students who have completed Stage 4b of the Concussion Management Plan for Return to School (RTS) and Stage 4 of the Concussion Management Plan for Return to Physical Activity (RTPA). 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: _____

The above-named student has been medically cleared to participate in the following activities (taken from Parachute Canada www.parachute.ca), as tolerated effective the date stated above (*please check all that apply*):

- Symptom-limiting activity (Cognitive and physical activities that do not provoke symptoms.)
- Light aerobic activity (Walking or stationary cycling at slow to medium pace. No resistance training.)
- Sport-specific exercise (Running or skating drills. No head impact activities.)
- Non-contact practice (Harder training drills e.g. passing drills. May start progressive resistance training. This includes gym class activities without a risk of contact e.g. tennis, running, swimming.)
- Full-contact practice (Including phys-ed class activities with risk of contact and head impact e.g. soccer, dodgeball, basketball, volleyball.)
- Full game play

Other Comments:

Medical Doctor/Nurse Practitioner

In rural or northern regions, the Medical Clearance Form 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: _____

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.