



Toronto Ultimate Club Return to Play Protocol

Stage 1: Rest and energy conservation (at least 24 hours)
<ul style="list-style-type: none">➤ Rest your brain and body (stop studying, working, and playing).➤ Conserve your brain and body's energy, it is needed to feel well and allow the brain to heal.
Stage 1: Signature of completion (requires player & parent/guardian signatures)
I confirm that _____ completed Stage 1 for a <i>minimum</i> of 24 hours with no symptoms on _____. DD/MM/YYYY
_____ (Player Signature)
_____ (Parent/Guardian Signature)
Stage 2: Light general exercise (at least 24 hours)
<ul style="list-style-type: none">➤ Off-field activities.➤ Begin with a warm-up (stretching/flexibility) for 5 – 10 minutes.➤ Start a cardio workout for 15 – 20 minutes which can include: stationary bike, elliptical, treadmill, fast-paced walking, light jogging, rowing or swimming (50% intensity).
Stage 2: Signature of completion (requires player & parent/guardian signatures)
I confirm that _____ completed Stage 2 for a <i>minimum</i> of 24 hours with no symptoms on _____. DD/MM/YYYY
_____ (Player Signature)
_____ (Parent/Guardian Signature)
Stage 3: General conditioning and ultimate specific skills work done individually (at least 24 hours)
<ul style="list-style-type: none">➤ Off-field activities.➤ Begin with a warm-up (stretching/flexibility) for 5 – 10 minutes➤ Increase intensity and duration of cardio workout to 20 – 30 minutes➤ Begin ultimate specific skill work: running➤ 50 – 60% intensity
Stage 3: Signature of completion (requires player & parent/guardian signatures)
I confirm that _____ completed Stage 3 for a <i>minimum</i> of 24 hours with no symptoms on _____. DD/MM/YYYY
_____ (Player Signature)
_____ (Parent/Guardian Signature)
Stage 4: General conditioning and ultimate specific skills work done with a teammate (at least 24 hours)
<ul style="list-style-type: none">➤ Can begin on-field activities.➤ Increase duration up to 60 minutes. Begin resistance training including neck and core strengthening exercises.➤ Begin on-field warm-up➤ Begin on-field practice of ultimate drills with a partner: throwing, catching
Stage 4: Signature of completion (requires player, parent/guardian & trainer signatures)
I confirm that _____ completed Stage 4 for a <i>minimum</i> of 24 hours with no symptoms on _____. DD/MM/YYYY
_____ (Player Signature)
_____ (Parent/Guardian Signature)
_____ (Trainer Signature)

*Acknowledgement: Montreal Children's Hospital "Return to Hockey Following a Concussion"

* McCrory P, Meeuwisse W, Johnston K et al. Consensus Statement on Concussion in Sport: The 4th International Conference on Concussion in Sport Held in Zurich, Nov. 2012. British Journal of Sports Medicine 2013 47: 250 – 258