

University of Toronto Mississauga Concussion Protocol

The University of Toronto Mississauga and the Department of Recreation, Athletics & Wellness aims to help Students with Concussion prevention and management. As part of Rowan's Law, the Government of Ontario requires post-secondary institutions fulfill certain requirements in the interest of participant safety.

Education on the signs and symptoms along with the causes of Concussion is a focal point in the prevention of head injuries. In order to help ensure improved Concussion recovery outcomes, the implementation of Removal-from-Sport and Return-to-Sport protocols have also been adopted as per current Rowan's Law requirements. The requirements and processes of these protocols can be found in this document.

For further information on the University of Toronto Mississauga Concussion Protocol or if you have sustained a suspected concussion please contact:

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Removal-from-Sport Designated Person(s):

Rowan's Law legislation and regulation requires the sport organization (UTM Department of Recreation, Athletics & Wellness) to ensure that each practice, training, or competition has someone who can act in the capacity of the designated person.

The designated person responsible for enacting the Removal-from-Sport Protocol will be identified prior to the start of the planned activity and will follow the hierarchy listed below based on level of qualification:

Event	Tri-Campus	Intramural
First Choice	Rehabilitation & Fitness Specialist	Game Manager
Second Choice	Team Coach (Head then Assistant)	

Under the Removal-from-Sport protocol for The University of Toronto Mississauga the designated person(s) is/are responsible for ensuring that:

- An athlete is immediately removed from further training, practice or competition if the athlete has sustained a concussion or is suspected of having sustained a concussion, regardless of whether or not the concussion was sustained from a sport activity associated with The University of Toronto Mississauga.
- If in the opinion of the designated person(s), there is an emergency and/or any red flag signs and/or symptoms appear – including those resulting from a suspected concussion, call 911;
- Removal of the athlete from further training, practice or competition
- The athlete is required to undergo a medical assessment by a physician or nurse practitioner before the athlete will be permitted to return to training, practice or competition according to the Return-to-Sport protocol for the University of Toronto Mississauga;
- The athlete receives the Removal-from-Sport and Return-to-Sport protocols for the University of Toronto Mississauga as soon as possible after the athlete's removal;

Once removed, the athlete is not permitted to return to training, practice or competition, except in accordance with the University of Toronto Mississauga Return-to-Sport protocol.

Removal-from-Sport Process

1) Remove the Athlete

- a. Designated person to immediately remove the athlete from further training, practice or competition

2) If an Emergency, Activate EAP

- a. Designated person to active Emergency Action Plan if in their opinion doing so is necessary (see Concussion Red Flags on UTM Concussion Removal-from-Sport Form)

3) Record the Incident

- a. Designated person to keep record of incidences where an athlete is removed. This should be done by Designated person filling in UTM Concussion Removal-From-Sport Form

4) Inform

- a. Designated person to advise the athlete that the athlete is required to undergo a medical assessment (by a physician or nurse practitioner) before returning

5) Give Protocols

- a. Designated person to provide the athlete with Removal-from-Sport and Return-to-Sport Protocols found in the Concussion Information Sheet

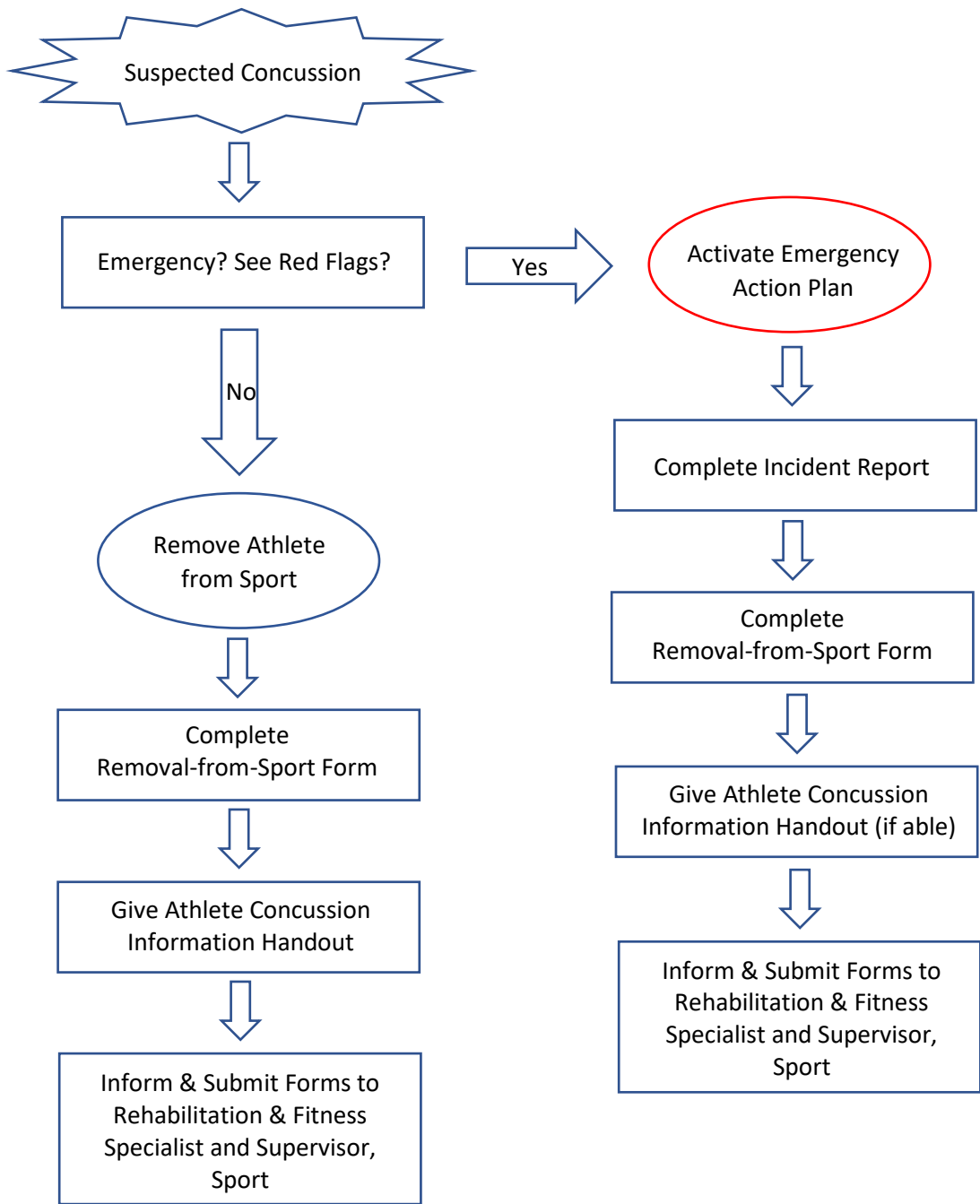
6) Report

- a. Designated person to submit Removal-from-Sport form to Supervisor Sport, and Rehabilitation & Fitness Specialist

7) Returning to Training, Practice or Competition

- a. Once removed, the athlete is not permitted to return to training, practice or competition, or other physical activity until medically cleared to do so in accordance with the Return-to-Sport protocol.

Designated Person Removal-from-Sport Flow-Chart



Once removed, the athlete is not permitted to return to training, practice or competition, or other physical activity until medically cleared to do so in accordance with UTM's Return-to-Sport protocol.

Return-to-Sport Designated Person(s):

Rowan's Law legislation and regulation requires the sport organization (UTM Department of Recreation, Athletics & Wellness) to have a Designated Person responsible for ensuring an athlete who has sustained a concussion or is suspected of having sustained a concussion does not return to training, practice, or competition until permitted to do so in accordance with the Return-to-Sport Protocol.

The Rehabilitation & Fitness Specialist shall act as the Designated Person for UTM Department of Recreation, Athletics & Wellness.

Under the Return-to-Sport protocol for University of Toronto Mississauga, the designated person is responsible for ensuring that:

- An athlete who has sustained a concussion or is suspected of having sustained a concussion does not return to training, practice or competition until permitted to do so in accordance with the University of Toronto Mississauga Return-to-Sport protocol;
- When an athlete has **not** been diagnosed with a concussion, the athlete is only permitted to return to training, practice or competition if the athlete provides confirmation to the designated person(s) about the outcome of the athlete's medical assessment, specifically that the athlete:
 - has undergone a medical assessment by the physician or nurse practitioner and has **not** been diagnosed as having a concussion, and
 - has been medically cleared to return to training, practice or competition by a physician or nurse practitioner;
- When an athlete **is** diagnosed by a physician or nurse practitioner as having a concussion, the athlete is not permitted to move on to unrestricted training, practice or competition unless the athlete provides a confirmation of medical clearance by the physician or nurse practitioner to the designated person(s);
- An athlete is not permitted to return to training, practice or competition through the University of Toronto Mississauga graduated Return-to-Sport steps unless the has shared the medical advice or recommendations they received, if any, with the designated person(s);
- When an athlete is diagnosed by a physician or nurse practitioner as having a concussion, the athlete has been informed of the importance of disclosing the diagnosis to any other sport organization with which the athlete is registered or school that the athlete attends.

Return-to-Sport Process

1) **Receive Confirmation**

- a. Designated person must receive confirmation from athlete that athlete has undergone a medical assessment and has not been diagnosed as having a concussion, and has been medically cleared to return to training, practice or competition.

2) **If Diagnosed Concussion**

- a. Proceed through the graduated return-to-sport steps
- b. Combine with graduated return-to-school steps as necessary

3) **Graduated Return-to-Sport Steps**

- a. Set out activities specific to the sport as well as intended outcomes of the activities that the athlete must successfully complete before moving on to the next step.

4) **Share Medical Advice**

- a. An athlete must share the medical advice or recommendations they receive with the designated person

5) **Disclosing Diagnosis**

- a. Designated person must inform the athlete of the importance of disclosing the diagnosis to any other sport organization with which the athlete is registered

6) **Medical Clearance**

- a. Confirmation of medical clearance by a physician or nurse practitioner before the athlete is permitted to move on to unrestricted training, practice or competition. Designated Person must receive confirmation from athlete.

7) **Record Progression**

- a. Designated Person must make and keep a record of the athlete's progression through the graduated return-to-sport steps until the athlete has provided a confirmation of medical clearance

Graduated Return-to-Sport Steps:

It is important to understand that every concussion and the recovery process differs. Each step of the protocol will last at minimum 24 hours and is extended as needed to ensure proper healing.

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. Some patients will experience persistent symptoms (>2 weeks for adults; >4 weeks for youth) that may require additional medical assessment and management. The goal of the return-to-sport protocol is to gradually increase activity level to pre-injury levels while managing symptoms and severity.

Please note that all steps of the Graduated Return-to-Sport are to be directed & supervised by UTM's Rehabilitation & Fitness Specialist.

	Sample Activities	Goal of Step	Duration
STEP 1: Symptom-limiting activities	Daily activities that do not provoke symptoms	Gradual reintroduction of daily school, and work activities	At least 24 hours
STEP 2: Light aerobic activity	Walking or stationary cycling at slow to medium pace. No resistance training	Increase heart rate	At least 24 hours
STEP 3: Sport-specific exercise	Running or skating drills. No head impact activities	Add movement	At least 24 hours
STEP 4: Non-contact training, practice drills	Harder training drills, i.e. passing drills. May start progressive resistance training	Exercise, coordination and increased thinking	At least 24 hours
STEP 5: Unrestricted Training & Practice	Obtain clearance from physician or nurse practitioner before unrestricted training, practice or competition	Restore confidence and assess functional skills	At least 24 hours
STEP 6: Return-to-Sport	Unrestricted competition		

Graduated Return to School:

As an Academic Institution UTM's Department of Recreation, Athletics & Wellness prioritizes the Student Athlete's ability to fulfill Academic Requirements. Athletes will undergo the Return to School protocol as needed under supervision of the Rehabilitation & Fitness Specialist, potentially with consultation from Accessibility Services.

The goal is to complete academic activities as regularly as possible without experiencing any new or worsening symptoms, and to progressively increase exposure as tolerated.

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	Return to full academic activities and catch up on missed school

The Return to School process can be widely variable for students who have sustained a concussion. Any difficulties should be communicated to the Rehabilitation & Fitness Specialist.