



Return-to-Sport Protocol Summary

STEP 1 (CONFIRMATION): Athlete has undergone a medical assessment by a physician or nurse practitioner. Was a concussion diagnosis received at medical or emergency appointment?

Athlete or parent/guardian sends medical documentation (*Dive Ontario Medical Assessment Form*) of concussion diagnosis to Club Designated Person

Yes

No

Athlete or parent/guardian sends medical documentation (*Dive Ontario Medical Assessment Form*) of medical clearance to Club Designated Person.

STEP 2 (MEDICAL ADVICE): Athlete or parent/guardian must share any medical advice or recommendations they receive (now or throughout the return-to-sports steps) with Club Designated Person

Parent/guardian or emergency contact monitors athlete for 24-72 hours in case symptoms appear or worsen.

Return to Diving

STEP 3 (DISCLOSING DIAGNOSIS): Club Designated Person informs the athlete or parent/guardian of the importance of disclosing the diagnosis to any other sports the athlete is registered with and the school the athlete attends. Students in elementary and secondary school must follow their school board's return-to-school plan.

STEP 4 (RETURN-TO-SPORT STEPS): Athlete progresses through *Dive Ontario Return-to-Diving Steps*. Athlete moves onto next step when they can do activities at their current step without new or worsening symptoms. If at any step symptoms get worse, they should stop and return to previous step. To track the athlete's progress, the athlete and their parent/guardian will complete *Dive Ontario Return-to-Diving Tracker*.

Step 0: Initial rest period
(at least 24 hours)

Step 1: Symptom limiting activities
(at least 24 hours)

Step 2: Light aerobic activity
(at least 24 hours)

Step 3: Sport-specific exercise
(at least 24 hours)

Step 4: Non-contact training/practice drills
(at least 24 hours)

STEP 5 (MEDICAL CLEARANCE): Athlete or parent/guardian provides Club Designated Person confirmation of medical clearance (*Dive Ontario Medical Clearance Form*) from a physician or nurse practitioner

Step 5: Unrestricted training & practice
(at least 24 hours)

STEP 6 (RECORD): Club Designated Person receives completed *Dive Ontario Return-to-Diving Tracker* from athlete or parent/guardian.

Step 6: Return to Diving
(unrestricted)