



Skate Ontario

The Huntsville Skating Club Return To Skate Plan

After a medical professional has cleared the skater to return to sport, the base coach is required to fill out this form with a Return to Skate Plan for the skater prior to the skater returning to the ice. The plan must be signed by all parties involved, shared with all other club coaches and a copy given to the Coaches Liaison to be filed with Board of Directors information.

This form **MUST** be revisited weekly with an updated plan as needed or until skater completes all steps and is back to full/regular programming.

Athlete's Name: _____

Date of Birth (MM/DD/YYYY): _____

Skating Program/Level: _____

Date of Sustained Injury or date skater was last skating: _____

Injury Sustained or length of time skater was off the ice: _____

Date Cleared by doctor to return to sport or date returned to ice: _____

Skater Limitations/Plan:

Step # _____

Coach Signature: _____ Date: _____

Skater Signature: _____ Date: _____

Parent Signature: _____ Date: _____



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Gradual Return to Play Plan

Return to play should occur in gradual steps beginning with off-ice light aerobic exercise only to increase your heart rate, moving to increasing your heart rate with movement (e.g. running); then adding on-ice activities if appropriate; and finally return to full/regular programming.

Pay careful attention to your symptoms and your thinking and concentration skills at each stage or activity. After completion of each step without recurrence of symptoms, you can move to the next level of activity the next day.

Move to the next level of activity *only* if you do not experience any symptoms at the present level. If your symptoms return, let your Coach or any other coach on the ice know, return to the first level and restart the program gradually.

Step 1: Low levels of physical activity (i.e. symptoms do not come back during or after the activity).

The athlete should be able to handle light amounts of off ice activity before stepping back into their skates

Step 2: Skater can work on edges, turns and field moves with no return of symptoms or pain

Step 3: Coach and Skater test freeskate abilities starting with the simple jumps and spins - Waltz jump and one-foot spin and look for any returning symptoms or pain.

Step 4: Skater returns to full/regular programming

These steps can all take place in one session or a series of sessions over the amount of time needed for the skater to fully return to their regular programming. It is up to the coach to ensure the steps are followed and to regularly update the plan and relay the information to fellow coaches and board members on improvement or if the skater needs to step back and repeat steps.