



Date: \_\_\_\_\_

Athlete's Name: \_\_\_\_\_

To whom it may concern,

Athletes who are diagnosed with a concussion should be managed according to the Canadian Guideline on Concussion in Sport including the Return-to-School and Return-to-Sport Strategies. In pursuit of safe and speedy return of our athletes to competition, the Poley Mountain Racing Club (PMRC) requests that all athletes who have been diagnosed with a concussion have written medical clearance from their physician or nurse practitioner prior to returning to training and competition.

**What if symptoms recur?** Any athlete who has been cleared for physical activities, gym class or non-contact practice, and who has a recurrence of symptoms, should immediately remove himself or herself from the activity and inform the teacher or coach. If the symptoms subside, the athlete may continue to participate in these activities as tolerated.

Athletes who have been cleared for full contact practice or race must be able to participate in full-time school (or normal cognitive activity) as well as high intensity resistance and endurance exercise (including non-contact practice) without symptom recurrence. Any athlete who has been cleared for full-contact practice or race and has a recurrence of symptoms, should immediately remove himself or herself from play, inform their coach, and undergo medical assessment by a medical doctor or nurse practitioner before returning to full-contact practice or games.

Any athlete who returns to practices or games and sustains a new suspected concussion should be managed according to the Canadian Guideline on Concussion in Sport.

Thank-you very much in advance for your participation in keeping our athletes safe.

Dr. Jeff Pike, on behalf of PMRC Board or Directors

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Accordingly, the above athlete has been medically cleared to participate in the following activities as tolerated effective the date stated above (please check all that apply):

- Symptom-limiting activity (cognitive and physical activities that don't provoke symptoms)
- Light aerobic activity (Walking or stationary cycling at slow to medium pace. No resistance training)

- Sport-specific exercise (Running or low intensity free skiing. No head impact activities)
- Non-contact practice - Working on technique outside of gates, half day only
- Full-contact practice - Full gates, full speed, full schedule
- Race Ready

Other comments:

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Signature: \_\_\_\_\_

M.D. / N.P. (circle appropriate designation)\*

Print/Stamp: \_\_\_\_\_