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## What to do if you suspect a concussion?

1. Remove athlete from play. When in doubt, keep them out.
2. Have the athlete evaluated right away by an appropriate health care provider (*see list of sports medicine doctors below*).

### Sports medicine doctors

1. **Dr. Nick Reed** (Holland Bloorview Kids Rehabilitation Center): [www.hollandbloorview.ca/](http://www.hollandbloorview.ca/)
2. **Dr. Doug Richards** (U of T, MacIntosh Clinic): <http://www.physical.utoronto.cs/SportMedicine.aspx>
3. **Dr. James Carson** (Sport Med North, Unionville): [http://www.mydoctor.ca/patient/pws/viewClinicPublicWebSite.do?action=moveToSubSection&subsection=cl\\_ct](http://www.mydoctor.ca/patient/pws/viewClinicPublicWebSite.do?action=moveToSubSection&subsection=cl_ct)
4. **Dr. Chris Woollam** (The Sports Clinic, Mississauga): <http://www.sportsclinic.ca/staff/>

### Toronto Elites Return to Play

**Step 1-** *No activity, No school*

**Step 2-** *Normal everyday activity (no sports or physical activity)*

**Step 3-** *Light aerobic exercise*

- Signature of parent/guardian required

**Step 4-** *Sport specific exercises*

**Step 5-** *Non- contact training drills*

- Physician visit #2,
- Physician signature required

**Step 6-** *Full contact practice*

**Step 7-** *Return to play*