



# VAUGHAN SOCCER CLUB INC.

## Return to Play Procedure

1. If a player (house league, development or competitive) or participant in a VSC program suffers an injury in a game or practice, s/he must stop the activity immediately and be attended to by a team official/VSC instructor. If there is any doubt as to whether the injury is serious, it is best to err on the side of caution and have the player sit out for the rest of the game/practice/program. If the parents or legal guardians are present then it is their decision if the player is under 18 and the decision solely of the player if they are over 18. Team officials/VSC instructors are not expected to provide medical advice. First Aid should only be administered to the level for which an individual is trained.
2. If the player/participant receives medical direction to rest from play/activity for any injury whether sustained in soccer or not, s/he must present a note signed by their medical practitioner (includes physician, nurse practitioner or physiotherapist) indicating that they are fit to return to play/activity to the team official/VSC instructor before being allowed to resume play/activity. This will include the date that the player/participant can return to play/activity. This note will be submitted to the VSC office once it has been seen by the team official/VSC instructor.
3. If the note states that the player/participant may return to play/activity within X amount of time, the VSC has the right to ask for a subsequent note to confirm that the player/participant is fit to return to play/activity at the point in time indicated in the original note before allowing the player/participant to return to play/activity.
4. If a player/participant sustains a head injury, s/he must be assessed by a medical practitioner before being allowed to return to play/activity. Return to play/activity from a head injury must also have medical authorization.
5. Any injury sustained during a game or practice that requires medical attention must be documented on a VSC Injury Report Form and that form must be submitted to the VSC office within 48 hours of when the Team official/VSC instructor becomes aware that the player/participant has received medical attention.



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A typical RTP process will be made up of 6 steps. There must be a minimum of 24 hours before each step is assessed although this could be considerably longer than 24 hours. Oversight should be provided by a medical professional. The 6 steps are as follows:

1. No activity, complete rest. Once the athlete is asymptomatic, they proceed to level two. The athlete spends, at the minimum, one day at each stage.
2. Light aerobic exercise such as walking or stationary cycling, no resistance training. Performing step two without symptoms allows the athlete to proceed to level three. If symptoms return, the athlete moves back one stage then continues.
3. Sport specific training (e.g. skating in hockey, running in football), progressive addition of resistance training at steps three or four. Performing step three without symptoms allows the athlete to proceed to level four.
4. Non-contact training drills. Performing step four without symptoms allows the athlete to proceed to level five.
5. Full contact training after medical clearance. Performing step five without symptoms allows the athlete to proceed to level six.
6. Game play.