



## Return-to-Sport / Physical Activity

**Both Return-to-School and Return-to-Sport / Physical Activity Strategies can be done in parallel. However, the Return-to-School Strategy should be completed before starting Stage 5 of the Return-to-Sport / Physical Activity Strategy.**

Each stage must take a minimum of 24 hours, but could last longer depending on the individual and their specific situation. **If the student experiences new or worsening symptoms at any specific stage, they should go back to the previous stage for at least 24 hours.** The student may need to move back a stage more than once during their recovery process.

AT HOME		AT SCHOOL, IN THE GYM OR ON THE FIELD OF PLAY						
Objective of each stage	REST	STAGE 1	STAGE 2	STAGE 3	STAGE 4	ALL students are required to obtain a medical clearance before moving to STAGE 5	STAGE 5	STAGE 6
	Acceptable activities	Stay home in a quiet and calm environment and keep any social visits brief  <b>Activities:</b> <ul style="list-style-type: none"> <li>Short phone calls</li> <li>Short and basic board and/or card games</li> <li>Crafts</li> </ul> Inform the school administration of the results of the medical examination	Daily activities that do not trigger symptoms  Add activities that do not increase heart rate or break a sweat <ul style="list-style-type: none"> <li>Walking at a slow/medium pace</li> <li>Daily household tasks                             <ul style="list-style-type: none"> <li>meal preparation</li> <li>doing dishes,</li> <li>doing the laundry</li> </ul> </li> </ul>	Progressively increase duration of workout to 15-30 minutes <ul style="list-style-type: none"> <li>Walking / jogging</li> <li>Stationary cycling at slow to medium pace</li> </ul>	Progressively increase duration of workout to 60 minutes  <b>Practice sport-specific drills individually</b> <ul style="list-style-type: none"> <li>Skating drills in hockey</li> <li>Running drills in soccer</li> <li>Shooting drills in basketball</li> </ul> <b>Individual activities in physical education</b> <ul style="list-style-type: none"> <li>Shooting hoops</li> </ul> <b>Limited recess activities</b>		<ul style="list-style-type: none"> <li>May start progressive resistance training</li> <li>Progression to more complex training drills (e.g. passing drills)</li> <li>May include activities which involves sprinting and high speed stops</li> <li>May participate in activities without any body contact                             <ul style="list-style-type: none"> <li>Zumba/aerobics</li> <li>Badminton/tennis</li> </ul> </li> <li>May participate in recess activities with no contact or risk of falling</li> </ul>	Full return to training including activities involving risks of collision, fall or contact  Full participation in team practices which involves contact
Activities not permitted	<ul style="list-style-type: none"> <li>No school work or reading</li> <li>No physical exertion / sports</li> <li>No TV or video games</li> <li>No computer, laptop, tablet or cell phone use (texting)</li> <li>No alcohol, tobacco, caffeine and no other stimulant use</li> </ul> No driving until consulted by a healthcare professional	<ul style="list-style-type: none"> <li>No intense physical exertion or sports</li> </ul>	<ul style="list-style-type: none"> <li>No resistance or weight training</li> <li>No training drills or team/group practice</li> <li>No physical activities which involve using sporting equipment</li> </ul>	<ul style="list-style-type: none"> <li>No full participation in physical education class and intramural activities</li> <li>No activities involving head impacts:                             <ul style="list-style-type: none"> <li>No heading soccer balls</li> </ul> </li> <li>No activities involving jarring motions:                             <ul style="list-style-type: none"> <li>No hitting a baseball</li> <li>No high speed stops</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>No full participation in physical education class and intramural activities</li> <li>No activities involving body contact                             <ul style="list-style-type: none"> <li>No hockey, football or rugby</li> <li>No judo / wrestling</li> </ul> </li> </ul> Complete Return to School Strategy before moving to Stage 5.	<ul style="list-style-type: none"> <li>No participation in any competitive activity</li> </ul>		
Timeline	When symptoms start to improve or after resting for 48 hours max:  Begin STAGE 1	Able to tolerate symptom-limited activity without any new or worsening symptoms for 24 hours?  No: Return to Rest Yes: Begin Stage 2	Able to tolerate light aerobic activity without any new or worsening symptoms for 24 hours?  No: Return to Stage 1 Yes: Begin Stage 3	Able to tolerate sport-specific exercise without any new or worsening symptoms for 24 hours?  No: Return to Stage 2 Yes: Begin Stage 4	Symptom-free for 24 hours?  No: Return to Stage 3 Yes: Begin Stage 5	Symptom-free for 24 hours?  No: Return to Stage 4 Yes: Begin Stage 6	Symptom-free for 24 hours?  No: Return to Stage 5 Yes: The Return-to-Sport/ Physical Activity Strategy is completed	

This tool is a guideline for managing an individual's return to sport or other physical activities following a concussion and does not replace medical advice. Timelines and activities may vary by direction of a health care professional. Contact your primary healthcare provider or seek medical help as soon as possible if symptoms persist or worsen. Persistent concussion symptoms occur when they last more than 2 weeks for adults or more than 4 weeks for youth under the age of 18.

Adapted from: 2016 Berlin Consensus Statement on Concussion in Sport and the Canadian Guideline on Concussion in Sport by Parachute (2017). 201907V3