



Return-to-Sport / Physical Activity

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

For more information about the recommended sequence for resuming activities at home, at work and/or at play please consult the reverse side of this document →

		AT HOME		AT SCHOOL, IN THE GYM OR ON THE FIELD OF PLAY					
		REST	STAGE ①	STAGE ②	STAGE ③	STAGE ④	ALL individuals are required to obtain a medical clearance before moving to STAGE 5	STAGE ⑤	STAGE ⑥
Objective of each stage	Cognitive, physical and social rest for at least 24 hours	Symptom-limited Activity Gradually reintroduce daily activities after a period of rest of at least 24 hours	Light Aerobic Activity Increase heart rate	Individual Physical Activity with No Contact Training Drills	No-contact Training Drills Exercise, coordination, and increased cognitive load	Unrestricted Practice Restore confidence and assess functional skills		Return to Game Play and/or Competition Continued assessment of athletic performance	
Acceptable activities	Stay home in a quiet and calm environment and keep any social visits brief Activities: • Short phone calls • Short and basic board and/or card games • Crafts Inform the school administration of the results of the medical examination	Daily activities that do not provoke symptoms Add activities that do not increase heart rate or break a sweat • Walking at a slow/medium pace • Daily household tasks - meal preparation - doing dishes, - doing the laundry	Progressively increase duration of workout to 15-30 minutes • Walking /jogging • Stationary cycling at slow to medium pace	Progressively increase duration of workout to 60 minutes Practice sport-specific drills individually • Skating drills in hockey • Running drills in soccer • Shooting drills in basketball Individual activities in physical education • Shooting hoops • Agility ladders Limited recess activities	• May start progressive resistance training • Progression to more complex training drills (e.g. passing drills) • May include activities which involves high speed stops, sprinting • May participate in activities without any body contact - Zumba/aerobics - Badminton/tennis • May participate in recess activities with no contact or risk of falling	Full return to training including activities involving risks of collision, fall or contact Full participation in team practices which involves contact		Full participation in any physical activity, practice, game or sport competition • Practice good sportsmanship • Respect rules of the game	
Activities to be avoided	• No school work or reading • No physical exertion / sports • No TV or video games • No computer, laptop, tablet or cell phone use (texting) • No alcohol, tobacco, caffeine and no other stimulant use No driving until consulted by a healthcare professional	• No intense physical exertion or sports	• No resistance or weight training • No training drills or team/group practice • No physical activities which involves using sporting equipment	• No full participation in physical education class and intramural activities • No activities involving head impacts - No heading soccer balls • No activities involving jarring motions - No hitting a baseball - No high speed stops	• No full participation in physical education class and intramural activities • No activities involving body contact - No hockey, football or rugby - No judo / wrestling	• No participation in any competitive activity			
Timeline	When symptoms start to improve or after resting for 2 days 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

The Return-to-Sport/Physical Activity Strategy can be done in parallel with the Return to School, Return to Work or Return to Activities of Daily Life Strategy. However, a complete return to regular mental activity at school, at work or at home should be confirmed before starting Stage 5 of the Return-to-Sport/Physical Activity Strategy.

INITIAL REST PERIOD The objective of this stage is to ensure cognitive, physical and social rest for at least 24 hours

Cognitive Rest – includes avoiding all activities that require concentration and attention. (e.g., reading, texting, television, computer, video/electronic games).

Physical Rest – includes avoiding participation in activities that require physical effort (e.g., training, sports, recreational activities).

Social Rest - includes limiting social interactions that may elicit or worsen anxiety, nervousness, irritability, etc.

- Stay home in a quiet and calm environment and keep any social visits brief
- Acceptable exertion at this stage may include activities such as taking short phone calls, playing basic board games and completing simple arts and crafts projects.
- Avoid using alcohol, tobacco, caffeine and other stimulants
- Avoid driving until consulted by a healthcare professional

RECOMMENDED SEQUENCE FOR RESUMING ACTIVITIES AT SCHOOL, AT WORK OR AT HOME AFTER A CONCUSSION

REST for at least 24 hours



RETURN TO SCHOOL STRATEGY



RETURN TO SPORT/ PHYSICAL ACTIVITY STRATEGY

- A** Daily Activities at Home
- B** School Activities at Home
- C** Back to School Part-time as an Observer
- D** Return to School Part-time
- E** Gradual Elimination of Accommodations
- F** Return to School Full-time

- 1** Symptom-limited activities
- 2** Light Aerobic Activity
- 3** Individual Physical Activity with No Contact
- 4** No-contact Training Drills

Medical Clearance Required Before Stage 5

- 5** Unrestricted Practice
- 6** Return to Game-play and/or Competition

These steps can be completed in parallel

Individuals should not have any new or worsening symptoms at these stages

Individuals should not have any symptoms at these stages

REST for at least 24 hours



RETURN TO WORK STRATEGY



RETURN TO SPORT/ PHYSICAL ACTIVITY STRATEGY

- A** Light Activities at Home
- B** Preparation for a Return to Work
- C** Return to Work with Accommodations
- D** Gradual Increase in Workload
- E** Elimination of Workplace Accommodations
- F** Return to Unrestricted Work

- 1** Symptom-limited activities
- 2** Light Aerobic Activity
- 3** Individual Physical Activity with No Contact
- 4** No-contact Training Drills

Medical Clearance Required Before Stage 5

- 5** Unrestricted Practice
- 6** Return to Game-play and/or Competition

These steps can be completed in parallel

Individuals should not have any new or worsening symptoms at these stages

Individuals should not have any symptoms at these stages

REST for at least 24 hours



RETURN TO DAILY ACTIVITY STRATEGY



RETURN TO SPORT/ PHYSICAL ACTIVITY STRATEGY

- A** Light Activities at Home
- B** Preparation for Return to Activity
- C** Gradual Increase in Daily Activity
- D** Return to Unrestricted Activity

- 1** Symptom-limited activities
- 2** Light Aerobic Activity
- 3** Individual Physical Activity with No Contact
- 4** No-contact Training Drills

Medical Clearance Required Before Stage 5

- 5** Unrestricted Practice
- 6** Return to Game-play and/or Competition

These steps can be completed in parallel

Individuals should not have any new or worsening symptoms at these stages

Individuals should not have any symptoms at these stages