



## 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 student 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.

For more information about the recommended sequence for resuming activities after a concussion, 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		STAGE ⑤	STAGE ⑥
<b>Objective of each stage</b>	Cognitive, physical and social rest for at least 24 hours	<b>Symptom-limited Activity</b>  Gradually reintroduce daily activities after a period of rest of at least 24 hours	<b>Light Aerobic Activity</b>  Increase heart rate	<b>Individual Physical Activity with No Contact</b>  Training Drills	<b>No-contact Training Drills</b>  Exercise, coordination, and increased cognitive load	<b>ALL students are required to obtain a medical clearance before moving to STAGE 5</b>	<b>Unrestricted Practice</b>  Restore confidence and assess functional skills	<b>Return to Game Play and/or Competition</b>  Continued assessment of athletic performance
<b>Acceptable activities</b>	Stay home in a quiet and calm environment and keep any social visits brief  <b>Activities:</b> • 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
<b>Activities to be avoided</b>	• 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	
<b>Timeline</b>	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

It's important to remember that the necessary recovery time following a concussion is different for each person and can vary from days to weeks to months. When symptoms start to improve or after resting for two days maximum, you may begin a step-wise process to gradually increase cognitive and physical activity since both **Return-to-School** and **Return-to-Sport/Physical Activity Strategies** can be done in parallel. We encourage you to consult the Return-to-School Strategy and the Recommended Sequence for Resuming Activities after a Concussion in order to better understand the gradual progression through the necessary steps for recovery.

## 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
- Reminder: The parent/guardian must inform the school administration/designate of the results of the medical examination.



## RETURN TO SCHOOL STRATEGY

### A Daily Activities at Home

- The objective of this stage is to ensure a gradual return to typical activities at home
- Acceptable exertion at this stage may include additional activities such as drawing and easy reading.
- The student may gradually be reintroduced to cognitive activities by starting with 5 to 15 minutes at a time and gradually build to 15 to 30 minute sessions
- Avoid using computers, texting or playing mobile games on any electronic device
- Students should not complete any homework or attend school at this stage

### B School Activities at Home

- The objective of this stage is to increase the student's tolerance to cognitive work
- Acceptable exertion at this stage may include additional activities such as limited texting or computer use.
- The student may gradually be reintroduced to cognitive activities by building to the equivalent of 1 hour of school-type work in 30 minute increments or four 15 minute sessions.
- Avoid caffeine or other stimulant use.
- Students should not attend school at this stage. However, the parent/guardian should communicate with school administration/designate to prepare for the student's return to school.

### C Back to School Part-time as an Observer

- **The student may proceed directly to Stage D, unless advised otherwise**
- The objective of this stage is to ensure a maximum usage of learning accommodations as needed which will help with the student's gradual cognitive recovery (e.g. avoiding noisy locations, modifying the lighting, repeating instructions, etc.).
- The student may begin with half a day at school, and increase gradually
- No music class, classroom evaluations or homework.

### D Return to School Part-time

- The objective of this stage is to gradually increase academic activities with a moderate usage of personalized accommodations as needed for a gradual return to learn.
- The student may attend school part-time with the use of accommodations such as reducing the student's workload, extending deadlines to complete assignments and dividing assignments into smaller parts.
- The student should try to build their cognitive tolerance towards being able to complete 45-60 minute intervals of learning activities at school and 30 minutes of homework.
- No standardized tests, but the student may complete adapted classroom evaluations.

### E Gradual Elimination of Accommodations

- The student may proceed directly to Stage F, unless advised otherwise
- The objective of this stage is to work towards a full day at school with minimal usage of learning accommodations.
- The student may gradually eliminate the use of learning accommodations at school as tolerated.
- The student may continue to complete adapted classroom evaluations.
- The student may also attempt to build their cognitive tolerance towards being able to complete 1 hour of homework.

### F Return to School Full-time

- The objective of this stage is to gradually resume full academic activities and catch up on missed school work
- The student may return to full days at school with no learning accommodations (e.g. attend all classes, resume routine schoolwork/homework, resume all standardized tests, etc.).
- The student may also resume full extracurricular involvement for non-sport activities such as debating club, drama club or chess club.

## RECOMMENDED SEQUENCE FOR RESUMING ACTIVITIES AFTER A CONCUSSION

**REST** for at least 24 hours



### RETURN TO SCHOOL STRATEGY



### RETURN TO SPORT/ PHYSICAL ACTIVITY STRATEGY

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

Students should not have any symptoms at these stages

**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