Return to Sport

This tool is a guideline for managing an individual's return to sport following a concussion and does not replace medical advice. Timelines and activities may vary by direction of a health care professional.

STAGE 1:	STAGE 2:	STAGE 3:	STAGE 4:	STAGE 5:	STAGE 6:
No sporting activity Physical and cognitive rest until symptoms start to improve OR after resting for 2 days max.	**Light aerobic exercise** Walking, swimming, stationary cycling. No resistance training. The pace of these activities should be at the point where you are still able to have a conversation.	**Sport-specific exercise** Skating drills (ice hockey), running drills (soccer). No head-impact activities.	**Non-contact drills** Progress to complex training drills (e.g. passing drills). May start resistance training.	**Full-contact practice** Following medical clearance participate in normal training activities.	**Back in the game** Normal game play
Recovery	**Increase heart rate**	**Add movement**	**Exercise, coordination, cognitive load**	**Restore confidence; assess functional skills**	**Note: Premature return to contact sports (full practice and game play) may cause a significant setback in recovery.**
Symptoms improve or 2 days rest max? **Yes:** Move to stage 2 **No:** Continue resting Time & Date completed:	**No new or worsening symptoms for 24 hours?** **Yes:** Move to stage 3 **No:** Return to stage 1 Time & Date completed:	**No new or worsening symptoms for 24 hours?** **Yes:** Move to stage 4 **No:** Return to stage 2 Time & Date completed:	**Symptom-free for 24 hours?** **Yes:** Move to stage 5 **No:** Return to stage 3 Time & Date completed:	**Symptom-free for 24 hours?** **Yes:** Move to stage 6 **No:** Return to stage 4 Time & Date completed:	

If new or worsening symptoms are experienced at any stage, go back to the previous stage for at least 24 hours. You many need to move back a stage more than once during the recovery process.

Medical clearance required before moving to stage 5

BOTH TOOLS CAN BE USED IN PARALLEL; HOWEVER, RETURN TO SCHOOL SHOULD BE COMPLETED BEFORE RETURN TO SPORT IS COMPLETED

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Return to School

This tool is a guideline for managing a student's return to school following a concussion and does not replace medical advice. Timelines and activities may vary by direction of a health care professional.

AT HOME

STAGE 1:

Physical & cognitive rest

- Basic board games, crafts, talk on phone
- Activities that do not increase your heart rate or cause you to break a sweat

Limit/Avoid:

- Computer, TV, texting, video games, reading

No:

- School work
- Sports
- Work
- Driving until cleared by a health care professional

Rest

When symptoms start to improve OR after resting for 2 days max, **BEGIN STAGE 2**

STAGE 2:

Start with light cognitive activity:

Gradually increase cognitive activity up to 30 min. Take frequent breaks.

Prior activities plus:

- Reading, TV, drawing
- Limited peer contact and social networking

Contact school to create *Return to School* plan.

When light cognitive activity is tolerated:

Introduce school work.

Prior activities plus:

- School work as per *Return to School* plan

Communicate with school on student's progression.

No:

- School attendance
- Sports
- Work

Gradually add cognitive activity including school work at home

Tolerates 30 min. of cognitive activity, **introduce school work at home**

Tolerates 60 min. of school work in two 30 min. intervals, **BEGIN STAGE 3**

AT SCHOOL

STAGE 3:

Back to school part-time

Part-time school with maximum accommodations.

Prior activities plus:

- School work at school as per *Return to School* plan

No:

- P.E., physical activity at lunch/recess, homework, testing, sports, assemblies, field trips

Communicate with school on student's progression.

School work only at school

Tolerates 120 min. of cognitive activity in 30-45 min. intervals, **BEGIN STAGE 4**

STAGE 4:

Part-time school

Increase school time with moderate accommodations.

Prior activities plus:

- Increase time at school
- Decrease accommodations
- Homework – up to 30 min./day
- Classroom testing with adaptations

No:

- P.E., physical activity at lunch/recess, sports, standardized testing

Communicate with school on student's progression.

Increase school work, introduce homework, decrease learning accommodations

Tolerates 240 min. of cognitive activity in 45-60 min. intervals, **BEGIN STAGE 5**

STAGE 5:

Full-time school

Full days at school, minimal accommodations.

Prior activities plus:

- Start to eliminate accommodations
- Increase homework to 60 min./day
- Limit routine testing to one test per day with adaptations

No:

- P.E., physical activity at lunch/recess, sports, standardized testing

Work up to full days at school, minimal learning accommodations

Tolerates school full-time with no learning accommodations **BEGIN STAGE 6**

STAGE 6:

Full-time school

Full days at school, no learning accommodations.

Prior activities plus:

- Attend all classes
- All homework
- Full extracurricular involvement
- All testing

No:

- full participation in P.E. or sports until *Return to Sport* protocol completed and written medical clearance provided

Full academic load

Return to School protocol completed; focus on ***RETURN TO SPORT***

Note: A student is tolerating an activity if symptoms are not exacerbated.

Adapted from the Return to Learn protocol by G.F. Strong School Program (Vancouver School Board), Adolescent and Young Adult Program, G.F. Strong Rehabilitation Centre.

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