



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					
		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
Objective of each stage	REST	Symptom-limited Activity	Light Aerobic Activity	Individual Physical Activity with No Contact	No-contact Training Drills	Unrestricted Practice		Return to Game Play and/or Competition	
Acceptable activities	Stay home in a quiet and calm environment and keep any social visits brief Activities: <ul style="list-style-type: none"> 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 trigger symptoms Add activities that do not increase heart rate or break a sweat <ul style="list-style-type: none"> Walking at a slow/medium pace Daily household tasks <ul style="list-style-type: none"> meal preparation doing dishes, doing the laundry 	Progressively increase duration of workout to 15-30 minutes <ul style="list-style-type: none"> Walking / jogging Stationary cycling at slow to medium pace 	Progressively increase duration of workout to 60 minutes Practice sport-specific drills individually <ul style="list-style-type: none"> Skating drills in hockey Running drills in soccer Shooting drills in basketball Individual activities in physical education <ul style="list-style-type: none"> Shooting hoops Limited recess activities	<ul style="list-style-type: none"> May start progressive resistance training Progression to more complex training drills (e.g. passing drills) May include activities which involves sprinting and high speed stops May participate in activities without any body contact <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> Practice good sportsmanship Respect rules of the game 	
Activities not permitted	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> No intense physical exertion or sports 	<ul style="list-style-type: none"> No resistance or weight training No training drills or team/group practice No physical activities which involve using sporting equipment 	<ul style="list-style-type: none"> No full participation in physical education class and intramural activities No activities involving head impacts: <ul style="list-style-type: none"> No heading soccer balls No activities involving jarring motions: <ul style="list-style-type: none"> No hitting a baseball No high speed stops 	<ul style="list-style-type: none"> No full participation in physical education class and intramural activities No activities involving body contact <ul style="list-style-type: none"> No hockey, football or rugby No judo / wrestling Complete Return to School Strategy before moving to Stage 5.	<ul style="list-style-type: none"> No participation in any competitive activity 			
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