



Developed by:

www.cattonline.com

The recognition, appropriate treatment, and management of a concussion is crucial to the health and safety of our kids.

The *free* Concussion Awareness Training Tool (CATT) provides **medical professionals, parents, players and coaches**, as well as **school professionals** with a comprehensive and up-to-date collection of concussion information. The website is updated frequently and includes online courses, frequently asked questions, and resources that are both printable and smartphone accessible.



Learn more about **concussion**, the need for **prevention**, recognition and management with



Return to Learn

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			AT SCHOOL			
STAGE 1:	STAGE 2:		STAGE 3:	STAGE 4:	STAGE 5:	STAGE 6:
Physical & cognitive rest <ul style="list-style-type: none"> Basic board games, crafts, talk on phone Activities that do not increase heart rate or break a sweat Limit/Avoid: <ul style="list-style-type: none"> Computer, TV, texting, video games, reading No: <ul style="list-style-type: none"> School work Sports Work Driving until cleared by a health care professional 	Start with light cognitive activity: Gradually increase cognitive activity up to 30 min. Take frequent breaks. Prior activities plus: <ul style="list-style-type: none"> Reading, TV, drawing, Lego Limited peer contact and social networking Contact school to create return to learn plan.	When light cognitive activity is tolerated: Introduce school work. Prior activities plus: <ul style="list-style-type: none"> School work as per return to learn plan Communicate with school on student's progression.	Back to school part-time Part-time school with maximum accommodations. Prior activities plus: <ul style="list-style-type: none"> School work at school as per return to learn plan No: <ul style="list-style-type: none"> P.E., physical activity at lunch/recess, homework, testing, sports, assemblies, field trips Communicate with school on student's progression.	Part-time school Increase school time with moderate accommodations. Prior activities plus: <ul style="list-style-type: none"> Increase time at school Decrease accommodations Homework – up to 30 min./day Classroom testing with adaptations No: <ul style="list-style-type: none"> P.E., physical activity at lunch/recess, sports, standardized testing Communicate with school on student's progression.	Full-time school Full days at school, minimal accommodations. Prior activities plus: <ul style="list-style-type: none"> Start to eliminate accommodations Increase homework to 60 min./day Limit routine testing to one test per day with adaptations No: <ul style="list-style-type: none"> P.E., physical activity at lunch/recess, sports, standardized testing 	Full-time school Full days at school, no learning accommodations. <ul style="list-style-type: none"> Attend all classes All homework Full extracurricular involvement All testing No: <ul style="list-style-type: none"> full participation in P.E. or sports until <i>Return to Play</i> protocol completed and written medical clearance provided
Rest	Gradually add cognitive activity including school work at home		School work only at school	Increase school work, introduce homework, decrease learning accommodations	Work up to full days at school, minimal learning accommodations	Full academic load
When symptoms start to improve OR after resting for 2 days max, BEGIN STAGE 2	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	Tolerates 120 min. of cognitive activity in 30-45 min. intervals, BEGIN STAGE 4	Tolerates 240 min. of cognitive activity in 45-60 min. intervals, BEGIN STAGE 5	Tolerates school full-time with no learning accommodations BEGIN STAGE 6	<i>Return to Learn</i> protocol completed, focus on RETURN TO PLAY

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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BOTH TOOLS CAN PROGRESS IN PARALLEL HOWEVER, RETURN TO LEARN SHOULD BE COMPLETED **BEFORE** RETURN TO PLAY IS COMPLETED

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	
Symptoms improving or 2 days rest max? Yes: Move to stage 2 No: Continue resting Time & Date completed: _____	Symptom-free for 24 hours? Yes: Move to stage 3 No: Return to stage 1 Time & Date completed: _____	Symptom-free 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: _____	Note: Premature return to contact sports (full practice and game play) may cause a significant setback in recovery.

If symptoms reappear at any stage, go back to the previous stage until symptom-free for 24 hours. You may need to move back a stage more than once during the recovery process.

Medical clearance required before moving to stage 5

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