

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

If new or worsening symptoms are experienced at any stage, go back to the previous stage for at least 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

BOTH TOOLS CAN BE USED IN PARALLEL; HOWEVER, RETURN TO SCHOOL SHOULD BE COMPLETED BEFORE STAGE 4 OF RETURN TO SPORT IS COMPLETED