

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