













POST-CONCUSSION RETURN-TO-ACTIVITY GUIDELINES

SCHOOL : RETURN TO LEARNING

GENERAL STAGE	SCHOOL-SPECIFIC	  PHYSICAL	  COGNITIVE	  SENSORY
REST	No Attendance.	<input type="checkbox"/> No attendance at any school activities.	<input type="checkbox"/> No attendance at classes. No assignments, studying, tests.	<input type="checkbox"/> Very little or no screen time. No group work / meetings.
REINTRODUCTION	Trial Attendance.	<input type="checkbox"/> No participation in Phys. Ed classes (or Exercise Progression Level 2 if available). No field trips, clinics, or labs.	<input type="checkbox"/> Trial attendance with no note-taking and little or no participation in discussions, etc. No assignments, studying or tests.	<input type="checkbox"/> Minimal screen time. No group work / meetings. No tech / media / music classes.
LOW LEVEL ACTIVITY	Partial Attendance.	<input type="checkbox"/> No participation in Phys. Ed classes (or Exercise Progression Level 3 if available). No field trips clinics, or labs.	<input type="checkbox"/> Progression of attendance, participation in class and note-taking (possibly assisted). No assignments, studying, tests.	<input type="checkbox"/> Minimal screen time. Limited group work / meetings. No tech / media / music classes.
INTERMEDIATE ACTIVITY	Increased Participation.	<input type="checkbox"/> No participation in Phys. Ed classes (or Exercise Progression Level 4 if available). Limited clinics or labs. No field trips.	<input type="checkbox"/> Attendance at all academic classes with near normal participation and note-taking. Progress studying / homework. No assignments or tests.	<input type="checkbox"/> Increased screen time. Increased group work. No tech / media / music classes.
SUBMAXIMAL ACTIVITY	Near Normal Participation.	<input type="checkbox"/> Participation in Phys. Ed classes limited to Exercise Progression Level 5. More clinics, labs, brief field trips.	<input type="checkbox"/> Full attendance, participation and note-taking in classes. Near normal studying. Assignments (with accommodation). No tests.	<input type="checkbox"/> Near normal screen time. Normal group meetings, some work on group assignments. Participation in tech / media / music classes.
FULL ACTIVITY	Unrestricted Participation.	<input type="checkbox"/> Full participation in Phys. Ed classes, clinics, labs and field trips.	<input type="checkbox"/> Full academic activities.	<input type="checkbox"/> Normal screen time and full academic activities.




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SPORT AND PHYSICAL ACTIVITY : RETURN TO PLAY

GENERAL STAGE	SPORT-SPECIFIC	  PHYSICAL	  COGNITIVE	  SENSORY
REST	No activity.	<input type="checkbox"/> No sports. No working out. Isometric neck rehab.	<input type="checkbox"/> No studying playbooks or other team materials.	<input type="checkbox"/> No participation in team functions such as team meetings. Avoid noisy environments (e.g., team rooms, gyms, arenas, etc.)
REINTRODUCTION	Aerobic exercise with no head movement.	<input type="checkbox"/> Exercise Progression Level 2. Stationary bicycle - gradual progression of intensity and/or duration. No movement of head.	<input type="checkbox"/> Limited exposure to cognitive tasks such as studying playbooks.	<input type="checkbox"/> Very little participation in team functions such as team meetings. Avoid noisy environments (e.g., team rooms, arenas, etc.).
LOW LEVEL ACTIVITY	Sport-specific skills with no cognitive burden.	<input type="checkbox"/> Exercise Progression Level 3. Sport-specific drills that involve gradual progression of head movements while maintaining intensity & duration achieved in previous stage.	<input type="checkbox"/> Increased exposure to cognitive tasks.	<input type="checkbox"/> Increased social interaction related to team. Brief team meetings. Attend practices to perform prescribed exercises. Limited attendance at matches.
INTERMEDIATE ACTIVITY	Added visual tracking and cognitive burden.	<input type="checkbox"/> Exercise Progression Level 4. Continue sport-specific drills adding visual tracking and cognitive components. Light resistance training including floor and body weight exercises.	<input type="checkbox"/> Add cognitive tasks to sport-specific drills: i.e. drills that require decision-making, such as deciding whether or to whom to pass a ball or puck, turn right or left, etc.	<input type="checkbox"/> Increased communications and social interaction related to team. Team meetings, attend practices to perform prescribed exercises. Limited attendance at matches.
SUBMAXIMAL ACTIVITY	Near normal participation.	<input type="checkbox"/> Exercise Progression Level 5. Heavy resistance training typical of training programs in your sport.. Full participation in controlled-risk, non-contact practices.	<input type="checkbox"/> Near normal participation in cognitive aspects of sport	<input type="checkbox"/> Near normal communications and social interactions related to sport. Attend all team functions.
FULL ACTIVITY	Unrestricted participation.	<input type="checkbox"/> Full participation in sports.	<input type="checkbox"/> Full participation including all cognitive tasks involved in sport.	<input type="checkbox"/> Normal sensory exposure and social interactions related to sport.







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WORK : RETURN TO THE GRIND

GENERAL STAGE	WORK-SPECIFIC	<input checked="" type="checkbox"/> 	PHYSICAL	<input checked="" type="checkbox"/> 	COGNITIVE	<input checked="" type="checkbox"/> 	SENSORY
REST	No Attendance.	<input type="checkbox"/>	No attendance at work.	<input type="checkbox"/>	No attendance at work.	<input type="checkbox"/>	Very little or no screen time. No working from home.
REINTRODUCTION	Trial Attendance.	<input type="checkbox"/>	Limited part-time hours with no 'physical' work. Exercise Progression Level 2 should be introduced at the same time, outside of work.	<input type="checkbox"/>	Consider limited part-time hours depending on the cognitive load of the job in question.	<input type="checkbox"/>	Minimal screen time. Avoid meetings or busy, noisy, work environments.
LOW LEVEL ACTIVITY	Partial Attendance.	<input type="checkbox"/>	Progress hours and duties at work in line with nature of job. Avoid heavy physical labor. Exercise Progression Level 3.	<input type="checkbox"/>	Progress hours and duties in line with the nature of job. If work involves heavy cognitive loads, defer / exercise caution.	<input type="checkbox"/>	Increased screen time and interpersonal interaction at work (e.g.: meetings).
INTERMEDIATE ACTIVITY	Increased Participation.	<input type="checkbox"/>	Progress physical aspects of job in fashion consistent with stages of physical progression. Exercise Progression Level 4 and 5.	<input type="checkbox"/>	Further progression of hours of work and cognitive load at work.	<input type="checkbox"/>	Further progression of screen time and exposure to meetings, noise, crowds, etc.
SUBMAXIMAL ACTIVITY	Near Normal Participation.	<input type="checkbox"/>	Near-normal or normal physical aspects of job, with mitigation of risk of re-injury (ladders, heights, etc.).	<input type="checkbox"/>	Near normal hours of work and cognitive load on job.	<input type="checkbox"/>	Near normal screen time. Near normal participation in meetings, work in noisy or busy environments.
FULL ACTIVITY	Unrestricted Participation.	<input type="checkbox"/>	Unrestricted return to physical aspects of normal hours/duties.	<input type="checkbox"/>	Normal hours of work and cognitive load.	<input type="checkbox"/>	Normal screen time and exposure to meetings, busy environments at work.

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PLAY : RETURN TO FUN

GENERAL STAGE	PLAY-SPECIFIC	  PHYSICAL	  COGNITIVE	  SENSORY
REST	No Participation.	<input type="checkbox"/> No social activities that involve any physical activity; No sexual activities.	<input type="checkbox"/> No social situations with expectations to think, speak intelligently, etc.	<input type="checkbox"/> Very little or no screen time, or loud music; limited exposure to friends. No alcohol, cannabis or other drugs.
REINTRODUCTION	Limited Activity.	<input type="checkbox"/> Limited physical-social requirements. No vigorous sexual activities.	<input type="checkbox"/> Limited exposure to social situations requiring cognitive activity.	<input type="checkbox"/> Minimal screen time, music, and social interaction. No alcohol, cannabis or other drugs.
LOW LEVEL ACTIVITY	Partial Participation.	<input type="checkbox"/> Increase physical-social activities, but still only 'low intensity; for example, no dancing. Limited, non-vigorous sexual activities.	<input type="checkbox"/> Increased exposure to social situations requiring cognitive activity.	<input type="checkbox"/> Increased screen time, music, and social interaction. No alcohol, cannabis or other drugs.
INTERMEDIATE ACTIVITY*	Increased Participation.	<input type="checkbox"/> Progression of duration and intensity of physical social activities, moderately vigorous dancing, sex, etc.	<input type="checkbox"/> Further increase in exposure to cognitive stresses in social activities.	<input type="checkbox"/> Further increase in screen time, music. Controlled social interaction. No alcohol, cannabis or other drugs.
SUBMAXIMAL ACTIVITY	Near Normal Participation.	<input type="checkbox"/> Normal attendance at / participation in routine social gatherings, and near normal levels of intensity in physical social activities (dancing, sexual activity, etc.). Avoid risks.	<input type="checkbox"/> Nearly normal exposure to social situations requiring cognitive activity.	<input type="checkbox"/> Near normal screen time, music. Controlled social interaction. No alcohol, cannabis or other drugs.
FULL ACTIVITY	Unrestricted Participation.	<input type="checkbox"/> Unrestricted physical-social activities including dancing, sexual activities, etc.	<input type="checkbox"/> Unrestricted cognitive exposures in social situations.	<input type="checkbox"/> Normal screen time, exposure to loud music, and social interaction. Caution re: alcohol and other drugs.