

CONCUSSION MANAGEMENT

Return to Activity Guidelines for Children & Youth

These guidelines should be followed in discussion with a physician or brain injury clinician.

STEP 1: No Activity and Complete Rest

- NO physical activity if symptomatic


Which symptom group are you in: **BLUE**, **PURPLE**, or **GREEN**?



**Get clearance from a physician or brain injury clinician before beginning STEP 2*

STEP 2: Light Exercise

- NO resistance training or weight lifting
- **10-15 minutes** light exercise, maximum twice a day
e.g., walking, stationary cycling, light jogging, freestyle swimming

 If symptoms return, rest for at least 24 hours and then go back to the previous step

STEP 3: Individual Sport-Specific Activity

- NO body/head contact, spins, dives, jumps, high speed stops, hitting a baseball with a bat, or other jarring motions
- **20-30 minutes** general conditioning, maximum twice a day.
e.g., skating, running, throwing

STEP 4: Sport-Specific Practice with Team, NO CONTACT

- NO checking, heading the ball, tackling, live scrimmages
- Begin activities with one other teammate and then by the end of this step progress to full team practice, with NO contact.
e.g., ball drills, shooting/passing drills, or other non-contact activities
- Begin resistance training and 'beginner level' sport-specific skills. Increase skill level over time.

**Get clearance from a physician or brain injury clinician before beginning STEPS 5 and 6*

STEP 5: Sport-Specific Practice with Team and CONTACT

- Participate in normal training activities. If no symptoms, you are ready to return to competition!

STEP 6: Return to Activity, Sport or Game Play

CONCUSSION MANAGEMENT

Return to School Guidelines for Children & Youth

These stages are designed to strike a balance between the importance of returning to school and brain recovery. Work with your school to put these recommendations into place.

STAGE 1: Brain Rest - NO SCHOOL

- No school for at least one week
- Lots of cognitive rest (**NO** TV, video games, texting, reading)
- When symptom free, move to **STAGE 2**

**If symptoms persist past 2 weeks, move to STAGE 2*

STAGE 2: Getting Ready to Go Back

- Begin gentle activity guided by symptoms (walking, 15 minutes of screen time twice daily, begin reading). If symptoms worsen, reduce activity.
- When symptom free, move to **STAGE 3**

**If symptoms persist, stay in this stage for a maximum of 2 weeks and discuss moving to STAGE 3 with your physician or brain injury clinician*

STAGE 3: Back to School/Modified Academics

- This stage may last for days or months depending on rate of recovery
 - Go to bed early and get lots of sleep. Have a quiet retreat space in school
 - Academic Modifications:
 - Timetable/attendance: Start by going for one hour, half days or every other day
 - Curriculum: Attend less stressful classes, no tests, homework in 15 minute blocks up to a maximum of 45 minutes daily
 - Environment: Preferential seating, **avoid** music class, gym class, cafeteria, taking the bus, carrying heavy books
 - Activities: Limit screen/TV time into 15 minute blocks for up to 1 hour daily
 - When symptom free, move to **STAGE 4**
- *If symptoms persist past 4 weeks → A recovery Individualized Education Plan (IEP) may be needed*

STAGE 4: Nearly Normal Routines

- Back to full days of school, but can do less than 5 days a week if needed
- Complete as much homework as possible and a maximum of 1 test per week
 - When symptom free, move to **STAGE 5**

STAGE 5: Fully Back to School

- Gradually return to normal routines including attendance, homework, tests and extracurricular activities

SYMPTOMS OF CONCUSSION

- Sleep disturbances or drowsiness
- Headache
- Nausea and vomiting
- Poor balance or coordination
- Dizziness
- Visual problems
- Sensitivity to light or noise
- Mentally foggy
- Difficulty concentrating/ remembering
- Irritability
- Sadness
- Nervousness