



**Return-to-School Strategy**

Stage	Aim	Activity	Goal of each step
1	Daily activities at home that do not give the student-athlete symptoms	Typical activities during the day as long as they do not increase symptoms (i.e. reading, texting, screen time). Start at 5-15 minutes at a time and gradually build up.	Gradual return to typical activities
2	School activities	Homework, reading or other cognitive activities outside of the classroom.	Increase tolerance to cognitive work.
3	Return to school part-time	Gradual introduction of schoolwork. May need to start with a partial school day or with increased breaks during the day.	Increase academic activities.
4	Return to school full-time	Gradually progress.	Return to full academic activities and catch up on missed school work.

**Return-to-Sport Strategy**

Stage	Aim	Activity	Goal of each step
1	Symptom-limiting activity	Daily activities that do not provoke symptoms.	Gradual re-introduction of work/school activities.
2	Light aerobic activity	Walking or stationary cycling at slow to medium pace. No resistance training.	Increase heart rate.
3	Sport-specific exercise	Running or skating drills. No head impact activities.	Add movement.
4	Non-contact training drills	Harder training drills, i.e. passing drills. May start progressive resistance training.	Exercise, coordination and increased thinking.
5	Full contact practice	Following medical clearance.	Restore confidence and assess functional skills by coaching staff.
6	Return to sport	Normal game play.	

**HOW LONG WILL IT TAKE FOR THE ATHLETE TO RECOVER?**

Most athletes who sustain a concussion will make a complete recovery within 1-2 weeks while most youth athletes will recover within 1-4 weeks. Approximately 15-30% of patients will experience persistent symptoms (>2 weeks for adults; >4 weeks for youth) that may require additional medical assessment and management.

**HOW CAN I HELP PREVENT CONCUSSIONS AND THEIR CONSEQUENCES?**

Concussion prevention, recognition and management require athletes to follow the rules and regulations of their sport, respect their opponents, avoid head contact, and report suspected concussions.

**TO LEARN MORE ABOUT CONCUSSIONS PLEASE VISIT:** Parachute Canada: [www.parachutecanada.org/concussion](http://www.parachutecanada.org/concussion)

**SIGNATURES (OPTIONAL):** The following signatures certify that the athlete and his/her parent or legal guardian have reviewed the above information related to concussion.

_____ Printed name of athlete	_____ Signature of athlete	_____ Date
_____ Printed name of parent PARACHUTE   Canadian Guideline on Concussion in Sport	_____ Signature of parent	_____ Date