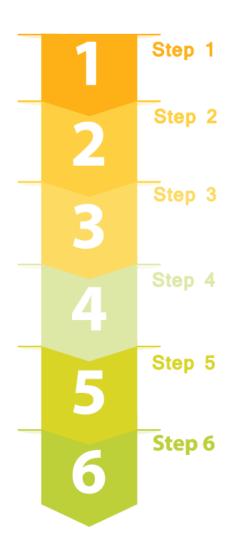
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Sturgeon Public School Division

Concussion Management Return to Play Guidelines



- Reduced activity
- Completion of Return to Learn Steps
- After completing the Return to Learn steps, the athlete can begin light exercise such as walking or stationary cycling for up to 20 minutes
- Sport specific aerobic activity (e.g. skating, running)
- NO contact
- On field practice drills (e.g. puck drills, shooting drills)
- NO contact (identify with colored jersey)
- Clearance from medical doctor
- Full contact in practice
- Game Play

An athlete must be symptom free for 24 hours after completing the step before moving to the next one. If the athlete experiences symptoms of concussion that come back, either with activity or later that day, he/she must stop the activity immediately, rest until symptoms resolve (minimum of 24 hours), and start again from the previous step. Return to play will be individual to the athlete and their injury.

For more information please visit:

www.braincarecentre.com www.cattonline.com www.parachutecanada.org