

A Parents' Guide:

Steps to Return to Activity after Concussion

For the first 24–48 hours, your child should rest physically, mentally and socially. After this initial rest period, your child can gradually return to routine daily activity. If tolerating, they may continue activity progression as outlined below.

Your child may advance one stage every 24 hours or longer as directed.

If symptoms worsen during any of the stages, your child should stop that activity and return to a previous, symptom-free stage.

If symptoms are not improving, worsening, or persisting for longer than 2 weeks, your child should see a healthcare professional with expertise in managing concussions.

STAGE	AIM	ACTIVITY	GOALS
1	Symptom-limited activity	Daily activities that do not cause symptoms	Gradual reintroduction of daily activities
2	Light aerobic exercise	Walking or stationary cycling at slow to medium pace; no resistance training	Increase heart rate
3	Sport-specific exercise	Running, skating or other aerobic exercise; no head impact activities	Add movement
4	Progress to full non-contact activity	Harder training drills (e.g. passing drills); may start progressive resistance training (e.g. push-ups, sit-ups, body weight squats)	Exercise, coordination and increased thinking
5	Full practice-including contact (requires medical clearance)	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6	Return to full activity, sport	Normal game play (requires medical clearance)	