

**Table 1: Return Guidelines**

Consideration for Advancement Between Stages

- Minimum of 24 - 48 hours. This provides time for proper medical assessment, proper documentation, proper communication to all stakeholders, and time for concussion plan development.
- Minimum of 24 hours between stages.
- Medical oversight of each stage is strongly suggested but may not be available. Final Return note written by healthcare professional is mandatory.
- If any concussion-related symptoms occur during the stepwise approach, the athlete should drop back to the previous asymptomatic level and attempt to progress again after being free of concussion-related symptoms for a further 24-hour period at the lower level.

Stage	School Activity	Physical/Sports Activity	Return Team	Documentation	Progression
<b>1: Quiet Brain Quiet Body</b>	<b>None</b>  No television, video games, computer use, phone, texting or loud music.	<b>None</b>  No exercise or sports participation (game, practice, strength and conditioning)	<b>Support System Created</b>  -Home: Parent/sibling education (BIAA hotline) -Home: Quiet physical space, -School (administration) notified and plan developed and documented -Teachers notified and plan developed and documented -Coaches notified and plan developed and documented -Health Care Provider (HCP) contacted (if available)	-Parent and athlete complete the Concussion Symptom Evaluation (from SCAT 5 or SCAT 5 Child) -Health care provider examination and documentation (if available)	-Score must decrease over first 48 hours in order to progress to Stage 2

Stage	School Activity	Physical/Sports Activity	Return Team	Documentation	Progression
<b>2: Gently Active Brain Gently Active Body</b>	<p>Maximum Adjustment</p> <p>-Up to half day attendance</p> <p>-No homework or testing</p>	<p>Light Aerobic Exercise</p> <p>Gentle Mobility Exercise</p> <p>No Resistance Training</p> <p>No Sports Participation</p> <p>-Walk, stationary bike, rower</p> <p>-Stretch, Mobility and Flexibility exercises, Tai Chi</p> <p>-No resistance training</p> <p>Sports participation:</p> <p>-Team warm-up activities only.</p> <p>-No contact.</p>	<p>-Continue parent/sibling education</p> <p>-Teacher compliance</p> <p>-Coach compliance</p> <p>- Administrative oversight</p> <p>-HCP Examination (if available)</p>	<p>-Parent and athlete complete the Concussion Symptom Evaluation</p> <p>-Teacher Evaluation</p> <p>-Coach Evaluation</p> <p>-HCP Examination (if available)</p>	<p>-Decrease in Concussion Symptom Evaluation score</p> <p>-Ability to complete cognitive and physical skills with no return of symptoms.</p>

Stage	School Activity	Physical/Sports Activity	Return Team	Documentation	Progression
<b>3:</b> <b>Moderately Active Brain</b> <b>Moderately Active Body</b>	Moderate Adjustments  -Up to ¾ school day participation -No homework or testing	Moderate Aerobic Exercise Moderate Mobility Exercise Introduce resistance training Introduce Sports Participation  -Increased aerobic exercise (~50% time and intensity). -Increase mobility exercise -Introduction of light resistance training (no > 50% 1 RPM). No plyometrics. -Return to sports practice: warm-up, 50% sprint effort, agility drills, non-contact drills.	-Continued parent/sibling education -Teacher compliance -Coach compliance - Administrative oversight -HCP oversight of stage progression (if available)	-Parent and athlete complete the Concussion Symptom Evaluation -Teacher Evaluation -Coach Evaluation -HCP documentation of stage progression (if available)	-Decrease in Concussion Symptom Evaluation Score -Ability to complete cognitive and physical skills with no return of symptoms.

Stage	School Activity	Physical/Sports Activity	Return Team	Documentation	Progression
<b>4: Active Brain Active Body</b>	<p>Minor Adjustments</p> <p>-Up to full school day participation</p> <p>-Homework and testing allowed (individual basis)</p>	<p>Moderate Aerobic Exercise</p> <p>Full Mobility Exercise</p> <p>Moderate resistance training</p> <p>Practice Only Sports Participation without full contact</p> <p>-Increased aerobic exercise (~75% time and intensity).</p> <p>-Full mobility exercise.</p> <p>-Moderate resistance training ~75%.</p> <p>Easy Plyometrics allowed.</p> <p>-Return to sports practice: warm-up, skill drills, simulated game drills, gentle contact (no heading in soccer, no tackling in football/rugby, no checking in ice hockey).</p>	<p>-Continued parent/sibling education</p> <p>-Teacher compliance</p> <p>-Coach compliance</p> <p>- Administrative oversight</p> <p>-HCP oversight of stage progression (if available)</p>	<p>-Parent and athlete complete the Concussion Symptom Evaluation</p> <p>-Teacher Evaluation</p> <p>-Coach Evaluation</p> <p>-HCP documentation of stage progression (if available)</p>	<p>-Decrease in Concussion Symptom Evaluation Score</p> <p>-Ability to complete cognitive and physical skills with no return of symptoms.</p>

Stage	School Activity	Physical/Sports Activity	Return Team	Documentation	Progression
<b>5: Vigorously Active Brain Vigorously Active Body</b>	No Adjustments  -Full school day participation -Homework and testing allowed (individual determination)	Vigorous Aerobic Activity Vigorous Resistance Training Full Sports Practice Participation  -Increased aerobic exercise (~75-100% time and intensity). -Moderate resistance training ~75-100%. Plyometrics allowed ~75-100%. -Return to sports practice: warm-up, skill drills, simulated game drills, full contact.	-Continued parent/sibling education -Teacher compliance -Coach compliance -Administrative oversight -Medical oversight of stage progression (if available)	-Parent and athlete complete the Concussion Symptom Evaluation -Teacher Evaluation -Coach Evaluation -HCP documentation of stage progression (if available)	-Decrease in Concussion Symptom Evaluation Score -Ability to complete cognitive and physical skills with no return of symptoms.

Stage	School Activity	Physical/Sports Activity	Return Team	Documentation	Progression
<b>6: Full Return to Learn and Return to Sport</b>	Full Return to Learn  -Full school day participation -Homework and testing allowed	Full Return to Sports  -HCP provider note required	-HCP provider note required	-HCP Note	-Full Return to Learn/Sport Documented -HCP Note required for Return to Sport -Parent Consent to Return: Signs (checks) Understanding of Return to Learn and Return to Sport - Administration maintains documentation of HCP Note and Parental Consent to Return