

Return to Play Guidelines

Step 1

- No activity, complete rest
- Once no longer feeling symptoms and **have been seen by a medical doctor**, go to step 2

Step 2

- Light exercise such as walking or stationary cycling
- 10-15 minutes at a time

Step 3

- Sport-specific aerobic activity (i.e. skating)
- NO CONTACT

Step 4

- On field practice (i.e. ball drills, shooting drills)
- NO CONTACT (identify with yellow/pink jersey)
- **Cleared from medical doctor** before continuing to step 5

Step 5

- Full contact practice

Step 6

- Game play!

In partnership with:



when
in
doubt,
sit
them
out

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Remember.... Each step should take a minimum of **24 hours**. If the athlete experiences symptoms of concussion that come back, either with activity or later that day, he/she should 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: