

# RETURN-TO-SCHOOL STRATEGY

## CONCUSSION MANAGEMENT

Step	Activity	Description
1	Activities of daily living & relative rest (First 24-48 hours)	<ul style="list-style-type: none"> <li>• Typical activities at home (e.g. preparing meals, social interactions, light walking).</li> <li>• Minimize screen time.</li> </ul>
<b>After a maximum of 24-48 hours after injury, progress to Step 2.</b>		
2	School activities with encouragement to return to school (as tolerated)	<ul style="list-style-type: none"> <li>• Homework, reading or other light cognitive activities at school or home.</li> <li>• Take breaks &amp; adapt activities as needed.</li> <li>• Gradually resume screen time, as tolerated.</li> </ul>
<b>If the student can tolerate school activities, progress to Step 3.</b>		
3	Part-time or full days at school with accommodations	<ul style="list-style-type: none"> <li>• Gradually reintroduce schoolwork.</li> <li>• Part-time school days with access to breaks &amp; other accommodations may be required.</li> <li>• Gradually reduce accommodations related to the concussion and increase workload.</li> </ul>
<b>If student can tolerate full days without accommodations for concussion, progress to Step 4.</b>		
4	Return to school full-time	<ul style="list-style-type: none"> <li>• Return to full days at school &amp; academic activities, without accommodations related to the concussion.</li> <li>• For return to sport &amp; physical activity, including physical education class, refer to the Ringette-Specific Return-to-Sport Strategy.</li> </ul>
<b>Return to School is complete.</b>		

## RINGETTE-SPECIFIC

# RETURN-TO-SPORT STRATEGY

Step	Activity	Description
<b>1</b>	Activities of daily living & relative rest (First 24 – 48 hours)	<ul style="list-style-type: none"> <li>Typical activities at home (e.g. preparing meals, social interactions, light walking).</li> <li>Minimize screen time.</li> </ul>
<b>After maximum of 24–48 hours after injury, progress to Step 2</b>		
<b>2</b>	2A: Light effort aerobic exercise	<ul style="list-style-type: none"> <li>Walking or stationary cycling at slow to medium pace for 10 – 15 minutes.</li> <li>May begin light resistance training that does not result in more than mild &amp; brief worsening of symptoms.</li> <li>Exercise up to approximately 55% of maximum heart rate.</li> <li>Take breaks &amp; modify activities as needed.</li> </ul>
	2B: Moderate effort aerobic exercise	<ul style="list-style-type: none"> <li>Gradually increase tolerance &amp; intensity of aerobic activities, such as walking or stationary cycling at a brisk pace for 10 – 15 minutes.</li> <li>May begin light resistance training that does not result in more than mild &amp; brief worsening of symptoms.</li> <li>Exercise up to approximately 70% of maximum heart rate.</li> <li>Take breaks &amp; modify activities as needed.</li> </ul>
<b>If the athlete can tolerate moderate aerobic exercise, progress to Step 3</b>		
<b>3</b>	Individual ringette-specific activities, without risk of inadvertent head impact	<ul style="list-style-type: none"> <li>Add ringette-specific activities (e.g., skating, changing direction, individual drills) for 20 – 30 minutes.</li> <li>Perform activities individually &amp; under supervision from a parent/guardian, coach, or Safety Personnel.</li> <li>Progress to where the athlete is free of concussion-related symptoms, even when exercising.</li> <li>There should be no body contact or other jarring motions, such as high-speed stops.</li> <li>Athletes should wear a “No Contact” identification pinny.</li> </ul>
<b>Medical Clearance</b>		
<b>If an athlete has completed Return-to-School (if applicable) &amp; has been medically cleared, progress to Step 4.</b>		
<b>4</b>	Non-contact training drills and activities	<ul style="list-style-type: none"> <li>Progress to exercises with no body contact at high intensity, including more challenging drills &amp; activities (e.g., shooting &amp; passing drills, multi-athlete training, &amp; practices).</li> <li>Where possible, give extra space around other athletes to avoid collisions or falls on the ice.</li> <li>Athletes should wear a “No Contact” identification pinny.</li> </ul>
<b>If the athlete can tolerate the usual intensity of activities with no return of symptoms, progress to Step 5.</b>		
<b>5</b>	Return to all non-competitive activities, full-contact practice & physical education activities	<ul style="list-style-type: none"> <li>Progress to higher-risk activities including typical training activities, full-contact ringette practices &amp; physical education class activities.</li> <li>Do not participate in competitive gameplay.</li> </ul>
<b>If the athlete can tolerate non-competitive, high-risk activities, progress to Step 6.</b>		
<b>6</b>	Return to sport	<ul style="list-style-type: none"> <li>Unrestricted sport &amp; physical activity</li> <li>Full gameplay</li> </ul>
<b>Return to Sport is complete.</b>		