



Developed by:

[www.cattonline.com](http://www.cattonline.com)

*The recognition, appropriate treatment, and management of a concussion is crucial to the health and safety of our kids.*

The *free* Concussion Awareness Training Tool (CATT) provides **medical professionals, parents, players, coaches, and school professionals and administrators** with a comprehensive and up-to-date collection of concussion information. The website is updated frequently and includes online courses, videos, and resources that are both printable and smartphone accessible.



Learn more about the need for **prevention, recognition,** and **management** of **concussion**



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# Return to School

This tool is a guideline for managing a student's return to school following a concussion and does not replace medical advice. Timelines and activities may vary by direction of a health care professional.

AT HOME			AT SCHOOL			
STAGE 1:	STAGE 2:		STAGE 3:	STAGE 4:	STAGE 5:	STAGE 6:
<b>Physical &amp; cognitive rest</b> <ul style="list-style-type: none"> <li>Basic board games, crafts, talk on phone</li> <li>Activities that do not increase heart rate or break a sweat</li> </ul> <b>Limit/Avoid:</b> <ul style="list-style-type: none"> <li>Computer, TV, texting, video games, reading</li> </ul> <b>No:</b> <ul style="list-style-type: none"> <li>School work</li> <li>Sports</li> <li>Work</li> <li>Driving until cleared by a health care professional</li> </ul>	<b>Start with light cognitive activity:</b> Gradually increase cognitive activity up to 30 min. Take frequent breaks. <b>Prior activities plus:</b> <ul style="list-style-type: none"> <li>Reading, TV, drawing</li> <li>Limited peer contact and social networking</li> </ul> <b>Contact school to create Return to School plan.</b>	<b>When light cognitive activity is tolerated:</b> Introduce school work. <b>Prior activities plus:</b> <ul style="list-style-type: none"> <li>School work as per Return to School plan</li> </ul> <b>Communicate with school on student's progression.</b>	<b>Back to school part-time</b> Part-time school with maximum accommodations. <b>Prior activities plus:</b> <ul style="list-style-type: none"> <li>School work at school as per Return to School plan</li> </ul> <b>No:</b> <ul style="list-style-type: none"> <li>P.E., physical activity at lunch/recess, homework, testing, sports, assemblies, field trips</li> </ul> <b>Communicate with school on student's progression.</b>	<b>Part-time school</b> Increase school time with moderate accommodations. <b>Prior activities plus:</b> <ul style="list-style-type: none"> <li>Increase time at school</li> <li>Decrease accommodations</li> <li>Homework – up to 30 min./day</li> <li>Classroom testing with adaptations</li> </ul> <b>No:</b> <ul style="list-style-type: none"> <li>P.E., physical activity at lunch/recess, sports, standardized testing</li> </ul> <b>Communicate with school on student's progression.</b>	<b>Full-time school</b> Full days at school, minimal accommodations. <b>Prior activities plus:</b> <ul style="list-style-type: none"> <li>Start to eliminate accommodations</li> <li>Increase homework to 60 min./day</li> <li>Limit routine testing to one test per day with adaptations</li> </ul> <b>No:</b> <ul style="list-style-type: none"> <li>P.E., physical activity at lunch/recess, sports, standardized testing</li> </ul>	<b>Full-time school</b> Full days at school, no learning accommodations. <ul style="list-style-type: none"> <li>Attend all classes</li> <li>All homework</li> <li>Full extracurricular involvement</li> <li>All testing</li> </ul> <b>No:</b> <ul style="list-style-type: none"> <li>full participation in P.E. or sports until Return to Sport protocol completed and written medical clearance provided</li> </ul>
<b>Rest</b>	<b>Gradually add cognitive activity including school work at home</b>		<b>School work only at school</b>	<b>Increase school work, introduce homework, decrease learning accommodations</b>	<b>Work up to full days at school, minimal learning accommodations</b>	<b>Full academic load</b>
When symptoms start to improve OR after resting for 2 days max, <b>BEGIN STAGE 2</b>	Tolerates 30 min. of cognitive activity, introduce school work at home	Tolerates 60 min. of school work in two 30 min. intervals, <b>BEGIN STAGE 3</b>	Tolerates 120 min. of cognitive activity in 30-45 min. intervals, <b>BEGIN STAGE 4</b>	Tolerates 240 min. of cognitive activity in 45-60 min. intervals, <b>BEGIN STAGE 5</b>	Tolerates school full-time with no learning accommodations <b>BEGIN STAGE 6</b>	Return to School protocol completed; focus on <b>RETURN TO SPORT</b>

Note: A student is tolerating an activity if symptoms are not exacerbated.

Adapted from the Return to Learn protocol by G.F. Strong School Program (Vancouver School Board), Adolescent and Young Adult Program, G.F. Strong Rehabilitation Centre.

**BOTH TOOLS CAN BE USED IN PARALLEL; HOWEVER, RETURN TO SCHOOL SHOULD BE COMPLETED BEFORE RETURN TO SPORT IS COMPLETED**

# Return to Sport

This tool is a guideline for managing an individual's return to sport following a concussion and does not replace medical advice. Timelines and activities may vary by direction of a health care professional.

STAGE 1:	STAGE 2:	STAGE 3:	STAGE 4:	STAGE 5:	STAGE 6:
<b>No sporting activity</b> Physical and cognitive rest until symptoms start to improve OR after resting for 2 days max.	<b>Light aerobic exercise</b> Walking, swimming, stationary cycling. No resistance training. The pace of these activities should be at the point where you are still able to have a conversation.	<b>Sport-specific exercise</b> Skating drills (ice hockey), running drills (soccer). No head-impact activities.	<b>Non-contact drills</b> Progress to complex training drills (e.g. passing drills). May start resistance training.	<b>Full-contact practice</b> Following medical clearance participate in normal training activities.	<b>Back in the game</b> Normal game play
<b>Recovery</b>	<b>Increase heart rate</b>	<b>Add movement</b>	<b>Exercise, coordination, cognitive load</b>	<b>Restore confidence; assess functional skills</b>	<b>Note: Premature return to contact sports (full practice and game play) may cause a significant setback in recovery.</b>
Symptoms improve or 2 days rest max?	No new or worsening symptoms for 24 hours?	No new or worsening symptoms for 24 hours?	Symptom-free for 24 hours?	Symptom-free for 24 hours?	
<b>Yes:</b> Move to stage 2 <b>No:</b> Continue resting Time & Date completed: _____	<b>Yes:</b> Move to stage 3 <b>No:</b> Return to stage 1 Time & Date completed: _____	<b>Yes:</b> Move to stage 4 <b>No:</b> Return to stage 2 Time & Date completed: _____	<b>Yes:</b> Move to stage 5 <b>No:</b> Return to stage 3 Time & Date completed: _____	<b>Yes:</b> Move to stage 6 <b>No:</b> Return to stage 4 Time & Date completed: _____	

If new or worsening symptoms are experienced at any stage, go back to the previous stage for at least 24 hours. You may need to move back a stage more than once during the recovery process.

Medical clearance required before moving to stage 5