**RETURN TO ACTIVITY STRATEGY**

**CONSENSUS STATEMENT ON CONCUSSION**

1. **Medical Assessment**
   Assessment by a trained healthcare provider including neurocognitive, behavioral, psychological and medical data.

2. **Rest**
   Refrain from extended computer time, homework, or cognitively demanding tasks upon return to school.

3. **Symptom Limited Activity**
   - 10 minute of slow walking

4. **Light Exercise**
   - Increase heart rate
   - Walking, swimming or stationary cycling
   - 20 min at 70% HRMax

5. **Sports Specific Exercise**
   - Add movement
   - Simple moving activities
   - 30 min at 80% HRMax

6. **Non Contact Training**
   - Add coordination and cognitive skills
   - Progression to more complex training drills
   - 60min at 90% HRMax

7. **Medical Clearance**
   Clearance provided by a trained healthcare provider.

8. **Full Contact Practice**
   - Restore confidence and function
   - Normal training

9. **Return to Life**
   - Normal game play / return to daily routine
   - Unrestricted practice or activity
   - Full rehabilitation

Reference: by McCrory P. et al. BJSM 2017