

Appendix B: Home and School Concussion Management Plan - Part A

Home				School						
Initial Rest	Stage 1		Stage 2		Stage 3		Stage 4		Stage 5	Stage 6
	Cognitive	Physical	Cognitive	Physical	Cognitive	Physical	Cognitive	Physical	Physical	Physical
Activities (if tolerated): <ul style="list-style-type: none"> ✓ Short board/card games ✓ Short phone calls ✓ Crafts ✓ Limited movement that does not increase heart rate or break a sweat ✓ Moving to various locations in the home ✓ Daily hygiene activities Activities not permitted: <ul style="list-style-type: none"> ✗ Attendance at school ✗ Homework ✗ Technology use ✗ Video games ✗ Reading ✗ TV ✗ Sports/physical exertion 	Light cognitive activities (i.e., thinking, memory, knowledge) Gradually increase cognitive activity up to 30 minutes. Take frequent breaks. Activities (if tolerated): <ul style="list-style-type: none"> ✓ Activities from previous stage ✓ Easy reading ✓ Limited TV ✓ Drawing / puzzles ✓ Some contact with friends Activities not permitted: <ul style="list-style-type: none"> ✗ Attendance at school ✗ Homework ✗ Technology use ✗ Video games ✗ Light physical activities that do not provoke symptoms. 	Movements that can be done with little effort. Activities (if tolerated): <ul style="list-style-type: none"> ✓ Daily household tasks (e.g., bed-making, dishes, feeding pets, meal preparation) ✓ Slow walking for short time Activities not permitted: <ul style="list-style-type: none"> ✗ Sports ✗ Physical exertion ✗ Resistance or weight training ✗ Physical activities with others ✗ Physical activities using equipment 	Gradually add cognitive activity. When light cognitive activity is tolerated, introduce homework provided by the school. Activities (if tolerated): <ul style="list-style-type: none"> ✓ Activities from previous stage ✓ Homework in 30 minute increments ✓ Crosswords, word puzzles, Sudoku ✓ Limited technology use, starting with shorter periods and building up as tolerated Activities not permitted: <ul style="list-style-type: none"> ✗ Attendance at school 	Light physical activities that do not provoke symptoms. Movements that can be done with little effort. 2a. Activities (if tolerated): <ul style="list-style-type: none"> ✓ Activities from previous stage ✓ Light physical activity ✓ 10-15 minutes of slow walking, indoors or outdoors Activities not permitted: <ul style="list-style-type: none"> ✗ Sports ✗ Physical exertion After 24 hours of tolerating the above activities without exhibiting a return of symptoms, new symptoms, or worsening symptoms. 2b. Activities (if tolerated): <ul style="list-style-type: none"> ✓ Activities from previous stage ✓ 20-30 minutes of light aerobic activity (e.g., walking, stationary cycling) that causes some increase in breathing and/or heart rate while still able to carry on a conversation. Activities not permitted: <ul style="list-style-type: none"> ✗ Resistance or weight training ✗ Physical activities with others ✗ Physical activities using equipment 	Student begins with 2 hours at school and gradually increases. 3a. Activities (if tolerated): <ul style="list-style-type: none"> ✓ Activities from previous stage ✓ Up to 2 hours of school work at school, with supports ✓ Working up to a half day of cognitive activity Activities not permitted: <ul style="list-style-type: none"> ✗ Tests/exams ✗ Homework ✗ Music class / band ✗ Assemblies ✗ Field trips After 24 hours of tolerating the above activities without exhibiting a return of symptoms, new symptoms, or worsening symptoms. 3b. Activities (if tolerated): <ul style="list-style-type: none"> ✓ Up to 4-5 hours of school work in smaller chunks; 2-4 days/week with decreased supports ✓ 30 minutes of homework Possible activities not permitted: <ul style="list-style-type: none"> ✗ Tests/exams ✗ Music class/band ✗ Assemblies ✗ Field trips 	Simple locomotor activities or sport-specific exercise. Activities (if tolerated): <ul style="list-style-type: none"> ✓ Activities from previous stage ✓ Simple individual drills in predictable, controlled environments with no risk of re-injury (e.g., running, throwing, skating) ✓ Restricted nutrition break activities (e.g., walking) Activities not permitted: <ul style="list-style-type: none"> ✗ Full participation in PE ✗ Daily Physical Activity ✗ Intramurals ✗ Physical activities with others ✗ Interschool athletics ✗ Resistance or weight training ✗ Body contact or head contact activities (e.g., heading a soccer ball) ✗ Jarring motion (e.g., high speed stops, hitting a baseball) 	Student attends full day of school with minimal supports. 4a. School Care Team to determine possible activities (if tolerated): <ul style="list-style-type: none"> ✓ Activities from previous stage ✓ Nearly normal cognitive activities with minimal supports ✓ Increase homework time to 60 minutes/day ✓ Limit tests to one a day, with supports (e.g., more time) School Care Team to determine possible activities not permitted: <ul style="list-style-type: none"> ✗ Exams After 24 hours of tolerating the above activities without exhibiting a return of symptoms, new symptoms, or worsening symptoms. 4b. School Care Team to determine possible activities (if tolerated): <ul style="list-style-type: none"> ✓ Full day of school with no supports ✓ All homework ✓ All tests/exams ✓ All co-curricular activities (non-sport) 	Progressively increase physical activity. Non-contact training and drills. School Care Team to determine possible activities (if tolerated): <ul style="list-style-type: none"> ✓ Activities from previous stage ✓ More complex training drills (e.g., passing ball) ✓ Physical activity with no contact (e.g., dancing, badminton) ✓ Physical activity at nutrition break (e.g., running, games) ✓ Participation in practices for non-contact interschool sports (no contact) ✓ Daily Physical Activity ✓ Progressive resistance training Activities not permitted: <ul style="list-style-type: none"> ✗ Full participation in PE ✗ Intramurals ✗ Physical activities with others ✗ Interschool athletics (except non-contact sport practices) ✗ Resistance or weight training ✗ Body contact or head contact activities (e.g., heading a soccer ball) ✗ Jarring motion (e.g., high speed stops, hitting a baseball) 	Following Concussion Medical Clearance, full participation in all non-contact physical activities and full contact training/practice in contact sports. School Care Team to determine possible activities (if tolerated): <ul style="list-style-type: none"> ✓ Participation in PE ✓ Participation in intramurals ✓ Full contact training/practices for interschool sport ✓ Full participation in non-contact interschool sport Activities not permitted: <ul style="list-style-type: none"> ✗ Competition that involves body contact 	Unrestricted return to contact sport. Activities (if tolerated): <ul style="list-style-type: none"> ✓ Full participation in contact sport - games and competitions
Rest	Rest. Minimal physical activity.		Gradually add cognitive activity including school work at home. Light physical activity.		4-5 hours at school with limited homework. Increased physical activity.		Return to full academic workload. Progressive increase to physical activity.		Continue full academic workload. Non-contact sport.	Continue full academic workload. Contact sport.
When symptoms start to improve OR after resting for 48 hours, BEGIN STAGE 1	Minimum of 24 hours. Tolerates light physical activity and 30 minutes of light cognitive activity, BEGIN STAGE 2.		Minimum of 48 hours (24 hours at 2a and 2b respectively). Tolerates additional cognitive and 30 minutes of physical activity, BEGIN STAGE 3		Minimum of 48 hours (24 hours at 3a and 3b respectively). Tolerates 4-5 hours a day/2-4 days a week of cognitive activity and increased physical activity, BEGIN STAGE 4		Minimum of 48 hours (24 hours at 4a and 4b respectively). Tolerates a return to full cognitive activity and increased physical activity, BEGIN STAGE 5**Concussion Medical Clearance required**		Minimum of 24 hour. Tolerates a return to sport, BEGIN STAGE 6** Concussion Medical Clearance required**	Minimum of 24 hour. Tolerates a return to contact sport, complete Concussion Management Plan.