



Appleby College's 8-Step Concussion Recovery Pathway

Return-to-Learn (Students are home or at Guardian's during Steps 1-2)			
<i>Nurse will check in during Step 1-2 with student.</i>			
Step	Aim	Return to Learn	Return to Play (Individual)
1	Cognitive Rest (24 -48hrs)	Regular daily activities that do not provoke symptoms such as self-care and easy tasks (e.g., making your bed, crafts, short board games, talk on phone with friend). NO SCREENS	Light intensity physical activity such as walking for no longer than 10 minutes.
2	Light cognitive activity & light physical activity	Maximum of 30 minutes of simple cognitive activity without worsening symptoms (ie. homework, reading, drawing/colouring, word puzzles). 15 minutes of screen time.	Complete 15-30 minutes of light physical activity twice daily without worsening symptoms. LIGHT ACTIVITIES: Walking, stationary cycling, swimming, stretching. NO resistance training or weightlifting.
Student to check in at the <u>Student Success Centre</u> before attending classes on Step 3, 4 and 5. Student to work with Athletic Therapist on Steps 3, 4, 5 of Return to Play. If symptoms worsen, they go to Health Centre.			
3	Return to school with accommodations (part-time) Light physical activity	Start attending school for half-days. 15 Minutes of homework per class attended, up to a maximum of 45 minutes daily. Limit screen/TV time to 1 hour daily.	Complete 30 minutes of light physical activity twice daily without worsening symptoms. LIGHT ACTIVITIES: Walking, stationary cycling, swimming, stretching. NO resistance training or weightlifting.
4	Return to school with some accommodations (full time) Moderate physical activity	Return to full school days. No physical education. Attempting class and homework without worsening symptoms. No assessments.	Complete 30-minutes of moderate physical activity daily without worsening symptoms.
5	Return to school (full time) Moderate/vigorous physical activity	Return to normal routines including regular attendance, homework, tests and exams. Participation in Phys-Ed with restrictions.	Begin resistance training and general sport-specific conditioning skills. Participation in practices with restrictions.
*Please Note: School-related Social Activities (such as Spirit Day, dances, prom, field trips, overnight trips, boarding Life evening events, etc.) are off limits to students unless they are on Step 5 of both RTL and RTP or higher due to the highly sensory stimulating nature of these events which can interfere with recovery.			
Return-to-Play (Team) - Student to work with Athletic Therapist on their physical progression			
Student to check in with <u>Athletic Therapy</u> . If symptoms worsen, they are to go to the Health Centre.			
6	Non-contact sport specific drills with team	Progress to full team practice. Complex training drills. Increase skill level and difficulty as tolerated without worsening symptoms. May start resistance training. No body contact/head- impact activities.	
Student to check in at the <u>Health Centre</u> after non-contact training drills (Step 6). Student must be symptom-free before progressing to Step 7.			
Physician Note Required - must be submitted to Health Centre <ul style="list-style-type: none"> If a student is enrolled in an Appleby athletic co-curricular and/or physical education, they must obtain a medical clearance note to begin Step 7. If a student is not enrolled in an Appleby athletic co-curricular and/or physical education, they must obtain a full concussion clearance note to be removed from the Concussion Protocol, after completion of Step 5 			
Students enrolled in an Appleby Athletic Co-Curricular and/or Physical Education:			
Student to check in with <u>Athletic Therapy</u> . If symptoms develop, they are to go to the Health Centre.			
7	Full contact practice	Participate in regular training activities for contact sports. Full participation in non-contact sports. Full participation in Phys-Ed.	
Student to check in with <u>Athletic Therapy</u> . If symptoms develop, they are to go to the Health Centre.			
8	Return to sport	Full participation in contact sports. Normal game play.	

Should you have any questions, please contact any of the following:

- Mary Brajkovic (Concussion Protocol Lead, ext. 177)
- Marlene MacLellan (Health Centre, ext. 234)
- Connie Serra (Student Success Centre, ext. 136)
- Melissa Trinh (Athletic Therapy, ext. 127)
- Karen Connor (Athletic Therapy, ext. 258)
- Nurses (Health Centre, ext. 229)