

# RETURN-TO-SPORT GUIDELINE

IT IS IMPORTANT TO FOLLOW THE RETURN-TO-SPORT GUIDELINE AS PER INSTRUCTION FROM THE MEDICAL PROFESSIONAL YOU ARE SEEING FOR YOUR CONCUSSION

## STAGE 1:

Symptom Limiting Activity  
(24-48 hours)

### POSSIBLE MODIFICATIONS

- Modify print and technology (brightness, font size)
- Avoid overstimulating environments (lighting/acoustics)
- See "Return-to-School" and "Return-to-Work" for more information

EACH STAGE IS AT LEAST 24 HOURS. PROGRESS TO THE NEXT STAGE ONLY IF ACTIVITIES ARE TOLERATED WITHOUT NEW OR WORSENING SYMPTOMS. IF SYMPTOMS REAPPEAR OR GET WORSE, RETURN TO THE PREVIOUS STAGE.

## STAGE 2

Light Aerobic Activity

### POSSIBLE MODIFICATIONS

- Exercise in a safe environment with few obstacles, smooth surface
- Avoid environments that are over-stimulating
- Use a sport guide
- Lighting considerations: wear a hat or sunglasses, avoid bright lights
- Acoustic considerations: wear noise cancelling headphones, find a calm space to exercise

## STAGE 3

Sport-Specific Exercise

### POSSIBLE MODIFICATIONS

- Check-in with coaches, team physiotherapist, etc. on how you are feeling
- Activity considerations: do individual activities and orientation drills, exercise with a guide, take breaks
- Environmental considerations: avoid environments that are over-stimulating
- Lighting considerations: wear a hat or sunglasses, avoid bright lights or glares
- Acoustic considerations: wear noise cancelling headphones, find a calm space to exercise

## STAGE 4

Non-Contact Training Drills

### POSSIBLE MODIFICATIONS

- Activity considerations: do activities with a partner
- Environmental considerations: introduce additional stimuli as appropriate (consult with eye-care professional as necessary)

## STAGE 5

Full Contact Practice

### POSSIBLE MODIFICATIONS

- Check-in with coaches, concussion management team, etc. on how you are feeling

## STAGE 6

Return-To-Sport

### POSSIBLE MODIFICATIONS

- Once athlete has been cleared for full return-to-sport, **there are no needed modifications**

### NOTE

Not all individuals may make it to stage 6, as some may experience persistent symptoms that require continuous accommodations or modifications to their work and/or daily lives.

Everyone experiences concussion differently and recovery is not a straight line. This guideline works to provide guidance for those with vision impairments returning to sports after sustaining a concussion. Every athlete will need a unique amount of time and accommodations to recover.