

# Return to Play Communication Tool

Return to Learn should be completed before Return to Play.

<p><b>STAGE 1:</b></p> <p><b>No sporting activity</b></p> <p>Symptom-limited physical and cognitive rest</p>	<p><b>STAGE 2:</b></p> <p><b>Light aerobic exercise</b></p> <p>Walking, swimming, stationary cycling. No resistance training. Heart rate &lt;70%</p>	<p><b>STAGE 3:</b></p> <p><b>Sport-specific exercise</b></p> <p>Skating drills (ice hockey), running drills (soccer). No head-impact activities</p>	<p><b>STAGE 4:</b></p> <p><b>Non-contact drills</b></p> <p>Progress to complex training drills (e.g., passing drills). May start resistance training</p>	<p><b>STAGE 5:</b></p> <p><b>Full-contact practice</b></p> <p>Following medical clearance participate in normal training activities</p>	<p><b>STAGE 6:</b></p> <p><b>BACK IN THE GAME</b></p> <p><b>Normal game play</b></p>
<p><b>Recovery</b></p>	<p><b>Increase heart rate</b></p>	<p><b>Add movement</b></p>	<p><b>Exercise, coordination, cognitive load</b></p>	<p><b>Restore confidence; assess functional skills</b></p>	
<p><b>Symptom-free for 24 hours?</b></p> <p><b>Yes:</b> Begin Stage 2 <b>No:</b> Continue resting</p> <p>Time &amp; date completed:</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>Symptom-free for 24 hours?</b></p> <p><b>Yes:</b> Move to Stage 3 <b>No:</b> Return to Stage 1</p> <p>Time &amp; date completed:</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>Symptom-free for 24 hours?</b></p> <p><b>Yes:</b> Move to Stage 4 <b>No:</b> Return to Stage 2</p> <p>Time &amp; date completed:</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>Symptom-free for 24 hours?</b></p> <p><b>Yes:</b> Move to Stage 5 <b>No:</b> Return to Stage 3</p> <p>Time &amp; date completed:</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>Symptom-free for 24 hours?</b></p> <p><b>Yes: Return to play</b> <b>No:</b> Return to Stage 4</p> <p>Time &amp; date completed:</p> <p>_____</p> <p>_____</p> <p>_____</p>	

**Medical clearance required before moving to Stage 5**

If symptoms reappear at any stage, go back to the previous stage until symptom-free for 24 hours. You may need to move back a stage more than once during the recovery process.

