



## Stage 1

*Limit Physical activity and Screen time  
Minimum 24 Hours or until symptoms and signs improve*

## Stage 2

*Light cognitive activity and individual classroom strategies  
Light aerobic physical activity only*

## Stage 3

*begin regular learning activities  
Monitor student closely for symptoms / signs to return  
Individual sport related activity - no body contact*

## Stage 4

*Progressive resistance training, non-contact practice and  
progression to more complex training drills  
Medical Clearances required before moving to step 5*

## Stage 5

*Following medical clearance  
Fully participation in regular activity / practice with contact*

## Stage 6

*Return to full participation and games*

*If symptoms are experienced at any stage, drop back to the previous stage for at least 24 hours. You must be asymptomatic prior to attempting the next stage again.*