



CONCUSSION MANAGEMENT PROGRAM

Cranbrook Return to Learn & Play Protocol

Loss of consciousness
Disorientation
Incoherent speech
Headaches

Confusion
Memory loss
Dazed
Dizziness



SYMPTOMS

Difficulty concentrating
Sensitivity to light
Ringing in the ears
Loss of balance

Fatigue
Vomiting
Blurred vision
Seizure

21 Days

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REST

Complete rest of the brain and body. (Min 48 hours cognitive rest)
Medical doctor must be seen within 72 hours to progress.



01

RETURN TO LEARN

Return to normal school lessons.



02

LIGHT CARDIOVASCULAR EXERCISE

Light jogging for 15 min @ 40 - 60% max HR.
No weights training. Minimum of 24 hrs.



03

SPORT SPECIFIC EXERCISE

Running drills and skills without contact.
No weights training. Minimum of 24 hrs.



04

SPORT SPECIFIC TRAINING DRILLS

Training drills including ball with more complexity.
Low level weights training.



Medical review & clearance to progress

05

RESUME FULL SPORT PRACTICE

Full intensity practice following medical clearance.



06

RESUME FULL SPORTS MATCH

Full intensity game.



At every stage, monitor for recurring symptoms.
If asymptomatic, progress to the next stage within 24 hrs.
Each stage should take a minimum of 24 hrs.