



Appendix A

Graduated Return-to-Sport Strategy

Stage	Aim	Activity	Goal of each step
1	Symptom-limited activity	Daily activities that do not provoke symptoms	Gradual reintroduction of work / school activities
2	Light aerobic exercise	Walking or stationary cycling at slow to medium pace. No resistance training	Increase heart rate
3	Sport-specific exercise	Running or skating drills. No head impact activities	Add movement
4	Non-contact training drills	Harder training drills, e.g., passing drills. May start progressive resistance training	Exercise, coordination and increased thinking
5	Full contact practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6	Return to sport	Normal game play	

Note: An initial period of 24–48 hours of both relative physical rest and cognitive rest is recommended before beginning the Return-to-Sport progression. There should be at least 24 hours for each step of the progression. If any symptoms worsen during exercise, the athlete should go back to the previous step after symptoms subside. Resistance training should be added only in the later stages (stage 3 or 4 at the earliest).