



## Concussion Management Return to Play Guidelines



An athlete must be symptom free for 24 hours after completing the step before moving to the next one. If the athlete experiences symptoms of concussion that come back, either with activity or later that day, he/she must stop the activity immediately, rest until symptoms resolve (minimum of 24 hours), and start again from the previous step. Return to play will be individual to the athlete and their injury.

### For more information please visit:

[www.braincarecentre.com](http://www.braincarecentre.com)  
[www.cattonline.com](http://www.cattonline.com)  
[www.parachutecanada.org](http://www.parachutecanada.org)