



BCSC RETURN TO PLAY

Concussion Management

BCSC's Return-to-Play has been made in consultation with concussion management specialists and in line with Cheer Canada.

This Return-to-Play should be followed in any case a concussion is diagnosed regardless of the severity. To progress to the next stage an athlete must complete the activity listed and then be symptom free for 24 hours. If symptoms are experienced at any stage, the athlete is to drop back to the previous stage for a period of 24 hours and be symptom-free at that stage prior to attempting the next stage again. Grade 2 or 3 concussions each stage will take multiple days before progressing. Most grade 1 concussions, athlete may be able to progress the following day.

BCSC encourages athletes to take physical baseline testing on an annual basis (prior to concussion). This will assist in correct diagnosis and with Return-to-Play if a concussion occurs. Returning to practice or competition requires clearance from a concussion clinic or physician.

Stage 1 – ABSOLUTE REST

No physical or mentally stimulating activity (no reading, no texting, no TV/movies/video games or working on an electronic device). A brief 20-minute walk is permitted.

SCHOOL/WORK: The athlete is advised to take time off work or school.

CHEER: Athletes are not permitted to attend practice or competition.

Stage 2 – LIGHT COGNITIVE ACTIVITY

30-45 minutes maximum of light reading, homework, watching TV etc. Even if no symptoms occur the athlete must stop after 45 minutes.

SCHOOL/WORK: Athlete is advised to take time off work or school.

CHEER: Athlete is not permitted to attend practice or competition.

Stage 3 – HALF-DAY WITH MODIFICATIONS

SCHOOL/WORK: Athlete is now permitted to attend a half-day of school or work with modifications. Typical school modifications include but are not limited to: no tests, no PE, no homework, no music class, with frequent breaks etc.

CHEER: Athlete may attend a practice to watch only.

Stage 4 – FULL DAY WITH MODIFICATIONS

SCHOOL/WORK: Full day attendance at school or work is permitted (for students no PE class).

CHEER: Athlete may attend practice and work on light static stretching while watching training.

OPTIONAL RECOMMENDED IF WORKING WITH CONCUSSION CLINIC

Complete a physical exertion test is at a concussion clinic. This test will be 20-30 minutes of clinician supervised physical activity while heart rate and blood flow are monitored. This test is helpful in predicting return timelines in major concussions.



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Stage 5 – LOW INTENSITY

SCHOOL/WORK: Full return allowed.

CHEER: Athlete may participate in a modified practice without contact. Recommended 20-30 minute warm-up with cardio, any normal non-inverted conditioning (no burpees or plyometrics) and may participate in dance without any jumps or spinning.

Stage 6 – NON-CONTACT PRACTICE

CHEER: Athlete may participate in a modified practice without contact. Level 1 and 2 tumbling, all dance and jumps are now allowed. At this stage, athletes are still NOT permitted to participate in any drills that involve contact or that have the chance for potential contact.

OPTIONAL BASELINE RE-TESTING (if completed prior to diagnosis)

If the athlete completed a baseline test prior to diagnosis, they can now re-test to assesses readiness to return to competition. If the athlete successfully completes this testing, they are cleared immediately for stage 8 (24 hour wait time does not apply).

Stage 7 – MODIFIED PRACTICE

CHEER: Athlete may participate in 60 minutes of a modified practice with no release or inverted building skills. All dismounts should bump down. No pyramids are allowed. Level 3 and 4 tumbling is permitted with longer breaks between passes.

Stage 8 – FULL PRACTICE

Athlete should return to their physician and obtain written verification that they are cleared to participate fully.

CHEER: Athlete may participate fully in practice.

Stage 10 – COMPETITION READY

CHEER: Athlete is cleared and may participate in competition.

For more support the Concussion Awareness Training Tool (CATT) is a series of online educational modules and resources with the goal of standardizing concussion recognition, diagnosis, treatment, and management. Developed by Dr. Shelina Babul, Associate Director/Sports Injury Specialist with the BC Injury Research and Prevention Unit, BC Children's Hospital, CATT is based upon the established principles of the Consensus Statement on Concussion in Sport. Research and evidence on concussions is evolving and the knowledge base is continually changing. As a result, cattonline.com is updated on a regular basis to provide current information, tools, and resources to support concussion recognition, diagnosis, treatment, and management. BCSC recommends the following free online education modules: CATT for Coaches, CATT for Parents, CATT for Athletes.

Visit cattonline.com.

CATT CONCUSSION PATHWAY



A significant impact or motion to the head or body that can cause the brain to move inside the skull

STOP REMOVE FROM ACTIVITY IMMEDIATELY AND ASSESS FOR RED FLAGS

- RED FLAGS**
- Neck pain or tenderness
 - Double vision
 - Seizure or convulsion
 - Weakness or tingling/ burning in arms or legs
 - Severe or increasing headache
 - Loss of consciousness
 - Deteriorating conscious state
 - Vomiting
 - Increasingly restless, agitated, or combative

IF YES TO ANY OF THE ABOVE:
Call an ambulance or seek immediate medical care

IF NO TO ALL RED FLAGS:
Assess for signs and symptoms of concussion

- CONCUSSION SIGNS AND SYMPTOMS**
- Headache
 - Dizziness
 - Nausea
 - Blurred vision
 - Light/Sound sensitivity
 - Imbalance
 - Ringing in the ears
 - Seeing "stars"
 - Irritability
 - Fogginess
 - Fatigue
 - Difficulty concentrating
 - Poor memory
 - Neck pain
 - Sadness
 - Confusion

IF YES TO ANY OF THE ABOVE:
SEEK MEDICAL ATTENTION from a licensed medical professional (physician/nurse practitioner)
* If applicable in your area

IF NO SYMPTOMS:
Limit physical activity and watch for concussion signs and symptoms for up to 48 hours

FOLLOW MEDICAL ADVICE, AND:

Follow initial recovery protocol of physical and cognitive rest (2 days max), including:

- Limited screen time (smartphones, computers, TV)
- Limited cognitive activity (reading, driving, schoolwork)
- Limited physical activity

Note: Sleep is important! Do not wake during the night if sleeping comfortably

IF SYMPTOMS OBSERVED WITHIN 48 HOURS

IF NO SYMPTOMS OBSERVED AFTER 48 HOURS

MENTAL HEALTH

During the course of recovery from a concussion, seek medical attention for mental health challenges as needed, such as:

- More emotional
- Irritability
- Sadness
- Nervousness or anxiousness
- Trouble falling asleep
- Depression

AFTER 48 HOURS:
Follow Return to Work strategy
Follow Return to Activity strategy
Follow Return to School strategy
Follow Return to Sport strategy

RESUME NORMAL ACTIVITY