

### Headsmart Schools NZ Gradual Return-to-Learn and -Sports Processes

	<b>Return to mental activity</b>	<b>Return to physical activity and training</b>
<b>Stage 1</b> First 2 days Relative Rest	Avoid any activities that provoke symptoms. Rest from thinking tasks and screens, Relative physical rest (light activities around the house)	Relative rest from – light activities of daily living around the house that do not provoke symptoms are OK. Gentle exercise, that is walking around the house.
<b>Stage 2</b> Things that do not give you symptoms*	No symptoms with things that you would do at home.	
	Minimum of 24 hours between stages before progressing. Gradually introduce more daily activities. Activities away from school/work: e.g. reading, texting, screen time or watching TV, as long as they do not increase symptoms (e.g. headaches, dizziness, fatigue). Start with 5 minutes at a time.	Light physical activity, e.g. short walks outside. Start with 5-15 minutes at a time and gradually build up.
<b>Stage 3</b> School/Work activities at home*	No symptoms with study/work. Symptoms should be improving.	
	Increase study/work-related activities with rest periods. Reading, checking emails, homework or other thinking tasks.	Increase intensity of exercise guided by symptoms.
<b>Stage 4</b> Return to School/Work (Part-Time)*	Gradually return to school and exercise, guided by symptoms. If symptoms worsen, drop back a stage.	
	May need to start with a half day at school or take regular or additional breaks during the day.	Start training activity without risk of head impact, no contact training.
<b>Stage 5</b> <b>Earliest 14 days post-injury</b> Return to School/Work (Full-Time)	Return to normal school/work & sport-specific training; Full return to school BEFORE full training No Competitions/Games	
	Gradually increase school attendance until fully back at school. May need to take breaks during the day to rest their brain until they tolerate a full day.	May progress to full sports specific training if they have: Completed Stages 1-4 <b>AND</b> have fully returned to school/learning activities <b>AND have no symptoms</b> <b>AND</b> at least 14 days post-injury
<b>Stage 6</b> <b>Earliest 21 days post-injury</b> Return to sports competition	Return to sports competition and games; Minimum 21 days following concussion	
	Fully back at school.	Can return to sports competition and games if they have completed Stage 5 <b>AND are symptom free during sports training</b> <b>AND</b> are at least 21 days post-injury. <b>For contact sport:</b> Whilst not mandated by ACC, it is strongly recommended that the student seeks clearance from a health practitioner experienced in concussion management prior to return to contact sport competitions/games

\* A minimum of 24 hours is required for stages 2 to 4. If symptoms get worse, drop back a stage.