

NORTHEASTERN CATHOLIC DISTRICT SCHOOL BOARD

THIS GRAPHIC ILLUSTRATES OUR RETURN TO WORK/PLAY PROTOCOL WHICH REQUIRES AT LEAST 24 ASYMPTOMATIC HOURS BEFORE PROGRESSING TO THE NEXT STAGE.

STAGE 1

LIMIT PHYSICAL ACTIVITY AND SCREEN TIME
MINIMUM 24 HOURS OR UNTIL SYMPTOMS AND SIGNS IMPROVE

STAGE 2

LIGHT COGNITIVE ACTIVITY AND INDIVIDUAL CLASSROOM STRATEGIES
LIGHT AEROBIC PHYSICAL ACTIVITY ONLY

STAGE 3

BEGIN REGULAR LEARNING ACTIVITIES
MONITOR STUDENT CLOSELY FOR SYMPTOMS / SIGNS TO RETURN
INDIVIDUAL SPORT RELATED ACTIVITY - NO BODY CONTACT

STAGE 4

PROGRESSIVE RESISTANCE TRAINING, NON-CONTACT PRACTICE AND
PROGRESSION TO MORE COMPLEX TRAINING DRILLS
MEDICAL CLEARANCE IS REQUIRED BEFORE MOVING TO STEP 5

STAGE 5

FOLLOWING MEDICAL CLEARANCE
FULLY PARTICIPATION IN REGULAR ACTIVITY / PRACTICE WITH CONTACT

STAGE 6

RETURN TO FULL PARTICIPATION AND GAMES

IF SYMPTOMS ARE EXPERIENCED AT ANY STAGE, DROP BACK TO THE PREVIOUS STAGE FOR AT LEAST 24 HOURS. YOU MUST BE ASYMPTOMATIC PRIOR TO ATTEMPTING THE NEXT STAGE AGAIN.