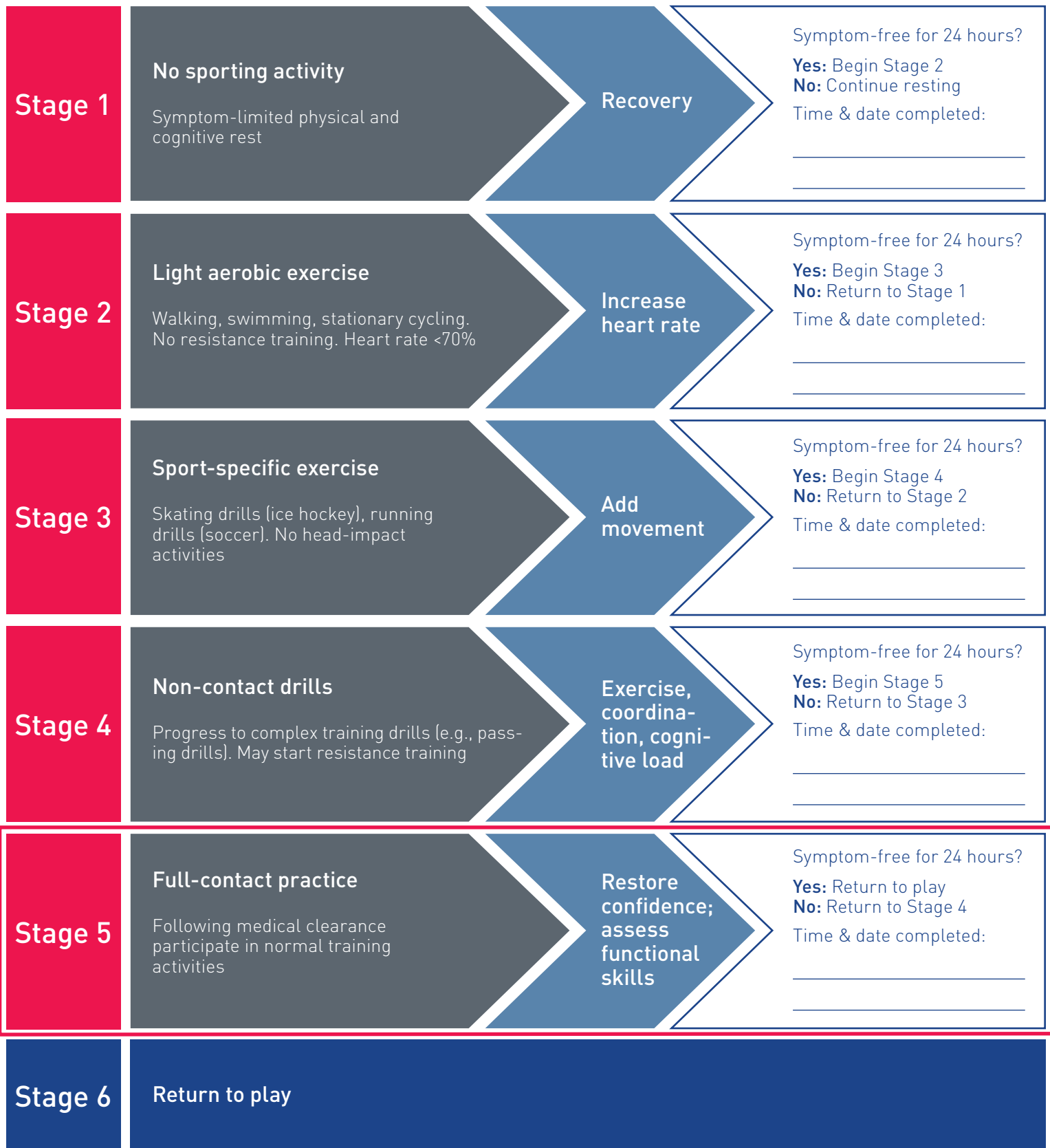


# Return to play after concussion (Return to learn should be completed before Return to play.)



\*The ultimate goal is to be as safe but active as possible while maintaining minimal to no symptoms. This is a general guideline and there may be differences in how people move through the stages and can be adjusted by a trained health care practitioner based on needs.

Medical clearance required before moving to Stage 5.

If symptoms reappear at any stage, go back to the previous stage until symptom-free for 24 hours. You may need to move back a stage more than once during the recovery process