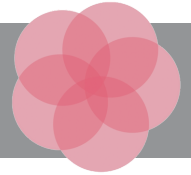


Return to Camp Protocol



Step 1	Step 2	Step 3	Step 4	Step 5	Step 6
<p>Rest (1-2 days maximum)</p> <p>Calm/quiet activities that do not worsen symptoms. Contact camp or talk to the camp nurse to make a return plan.</p> <p>Examples: Quiet games, talking with friends, crafts, light walking as long as it does not increase the heart rate.</p> <p>Avoid: Camp activities or environments that make the person feel worse, screened devices, sports, reading.</p>	<p>1-2 hours/day light physical activities at camp</p> <p>Light physical activities (20-30 minutes at a time). Symptoms may increase. Take a break if the increase in symptoms is more than mild or the increase in symptoms cannot be tolerated.</p> <p>Examples: Walking, jogging, or cycling on a stationary bike. Other camp activities may include reading, singing, some screened devices (if tolerated), eating in the dining hall, other modified or low-risk camp activities such as low-intensity supervised water-based camp activities that do not make symptoms worse for short time periods.</p> <p>Avoid: Sports, resistance training.</p>	<p>Return to 1/2-day low-risk camp activities</p> <p>Modify camp activities and allow breaks to enable participation while tolerating existing concussion symptoms. Emphasize social connections.</p> <p>Examples: Low-risk sport specific drills, light resistance weight training, non-contact aquatic sports, participation in other low-risk camp sporting activities.</p> <p>Avoid: Sports drills or camp activities that have head impact, risk of collision, or falls. No diving or sailing.</p>	<p>Return to full-day low-risk camp activities</p> <p>Full-day camp with modified activities tailored to the current symptoms. Expand participation to include all non-contact camp activities and aerobic activities.</p> <p>Examples: Non-contact aquatic sports, non-contact sport drills, increased resistance training. Decision to participate in low-risk off-site day trips may be made at this step with judgment from camp nurse or designated medical personnel.</p> <p>Avoid: Impact sports, diving, sailing, overnight backcountry trips.</p>	<p>Return to all non-competitive camp activities</p> <p>Full days at camp, no concussion-related accommodations required.</p> <p>Examples: Full contact sports, scrimmages or game play at camp, diving, sailing, cycling outdoors, higher risk aquatic activities. Overnight backcountry trips permitted.</p> <p>Avoid: Competitive gameplay</p> <p>This step is only permitted if a person has medical clearance from a doctor.</p>	<p>Return to all competitive activities</p> <p>Full days at camp, no concussion-related accommodations required.</p> <p>Full participation in all sport activities including competition.</p> <p>Full contact game play without restrictions.</p> <p>This step is only permitted if a person has completed step 5 (with medical clearance).</p>
<p>Goal: Minimal mental and physical activity</p>	<p>Goal: Increase the heart rate and aim to return to low-risk camp activities for 1-2 hours to connect socially</p>	<p>Goal: Half-day participation in camp activities. Increased intensity & time of low-risk physical activities</p>	<p>Goal: Increase aerobic activities to full exertion without body contact.</p>	<p>Goal: Adjust to full camp participation and gameplay in sports</p>	<p>Goal: Resume competitions</p>

This protocol should only be used after a comprehensive medical assessment by a physician or nurse practitioner. If symptoms worsen, return to the doctor/NP for another assessment. Progression through the steps should be under the supervision of a medical professional whose clinical judgment should be used to support decision making. **Instructions:** Steps 1 should last a **maximum of 2 days**, then proceed to step 2. Move from steps 2 to 4 as long as symptoms are tolerated. A minimum of 24 hours is required at each step. It is expected that some symptoms may still be present. If unsure about progression with specific activities, consult with an MD or NP. **Step 5 requires medical clearance from a doctor**; returning too early to high-risk physical activities increases the risk of another injury and may slow recovery. Medical clearance is not required to progress through steps 1-4 of the return to camp protocol.