

	Stage Black	Stage Red	Stage Orange	Stage Yellow	Stage Green
<i>Athletic Activity</i>	COMPLETE RESTRICTION No sports participation or observation allowed (recreational, organized, fitness center, etc)	COMPLETE RESTRICTION No sports participation or observation allowed (recreational, organized, fitness center, etc)	HIGH LEVEL RESTRICTION No sports participation allowed (recreational, organized, fitness center, etc). May be able to observe at the discretion of the athletic trainer	GRADUATED RESTRICTION May be allowed to participate in physical activity with restrictions per athletic trainer. Student will be progressed through graduated challenges over several days	NO RESTRICTIONS Cleared for full athletic participation
<i>Cognitive Activity for Academic Day</i>	COMPLETE RESTRICTION No academic work is permitted. Excused from all academic commitments including class. No homework, note taking, reading, writing. No screens*. No study hall or homework until further notice.	HIGH LEVEL RESTRICTION Student is able to attend academic commitments as tolerated. Student should not be required to bring any books to class, take tests, or quizzes. The student is restricted from taking notes, using screens, or completing homework. During this stage it is best for the student to attempt to be a passive observer while in the classroom. The student should attempt to limit cognitive challenge or stress that comes with classroom participation. May be necessary for the student to take 15 minute breaks in the Health Center throughout the day.	MODERATE/GRADUATED RESTRICTION Student is able to attend academic commitments as tolerated. The student may be allowed to take notes but should initially limit classroom participation otherwise. Classroom participation can be graduated up over several days to later include reading in class, computer use in class, participation in discussion. Student should not be expected to take tests or quizzes during this time. Student should not be expected to be at pre-concussion level of classroom or academic preparedness right away. Rather he/she should pace completion of obligations such as homework, papers, and projects. Failure to pace and modify obligations can place undo cognitive and emotional strain, which can increase symptoms, thereby causing a setback in their progression through this stage. It may be necessary to take small 15-minute breaks throughout the day in the	NO RESTRICTIONS Student should be fully engaged in school assignments. The student is also responsible for making up all missed academic assignments per teacher requirements.	NO RESTRICTIONS Student should be symptom free and fully engaged in school assignments and classes

			Heath Center. If the student's symptoms worsen he/she should report to the Health Center for further evaluation.		
<i>Cognitive and Physical Activity for Dorm Life and Social Life</i>	COMPLETE RESTRICTION No homework or reading. No screens*. No horseplay, extra-curricular activity (clubs, committees, etc) or fitness center. No trips* or weekend permissions granted. Limited cell phone use for verbal conversations only facilitated by Health Center	COMPLETE RESTRICTION No homework or reading. No screens*. No horseplay, extra-curricular activity (clubs, committees, etc) or fitness center. No trips* or weekend permissions granted. Limited cell phone use for verbal conversations only (at 10p dorm parent or advisor will give student their phone to call parents)	MODERATE/GRADUATED RESTRICTIONS May resume use of screens* and reading at a graduated pace per category below. Each category will last a minimum of 24 hours. If symptoms worsen, revert to previous category restrictions  Category 1 = up to 1 hr screen time/2 hrs reading time Category 2 = up to 2 hrs screen time/3 hrs reading time Category 3 = up to 3 hrs screen time/4 hrs reading time Category 4 = unlimited screen use and reading  No horseplay, extra-curricular activity (clubs, committees, etc) or fitness center. No trips* and weekend permissions granted at the discretion of the athletic trainer.	LIMITED RESTRICTIONS Unrestricted use of screens*, reading, homework, etc.  May resume participation in trips*, extra-curricular activities, events, etc as indicated by athletic trainer.	NO RESTRICTIONS
<i>Campus Restrictions</i>	COMPLETE RESTRICTION During the academic day, sports period, and on a case-by-case basis, overnight, the student is restricted to the Health Center for complete rest. All meals will be eaten in the Health Center or in the student's dorm room when	HIGH LEVEL RESTRICTION During sports period, the student is restricted to the Health Center for rest.  Following the sports period, student is restricted to their dorm room. They are not permitted in the library,	MODERATE RESTRICTIONS During the sports period, student is restricted to the Health Center or observing sports as permitted by athletic trainer.  Student is permitted in the dining hall, commons room,	LIMITED RESTRICTIONS No restrictions in common areas, dining hall, library, or rehearsal rooms.  Use of fitness center at the discretion of athletic trainer	NO RESTRICTIONS

	the Health Center is closed.	commons room, fitness center, rehearsal rooms, or ceramics barn.  All meals will be eaten in the Health Center during operations hours or in the student's dorm room when Health Center is closed.	rehearsal rooms, and libraries.  Student is not permitted in the fitness center or ceramics barn.		
<i>Follow-up Healthcare Requirements</i>	Athletic trainer evaluation daily MD/DO evaluation Outside referral as needed	Athletic trainer evaluation daily MD/DO or HC consultation as needed Outside referral as needed	Athletic Trainer evaluation daily MD/DO or HC consultation as needed	Athletic Trainer evaluation daily MD/DO consultation as needed	No required follow-up

Cate School Graded Concussion Stages

\*No screens include (but not limited to): computer, TV, video games, movies, game film, texting, iPod, etc

\*No trips include (but not limited to): tours or travel, off-campus activity, trips to Carpinteria