

# Return to Play

## Active & Healthy Living



ACT



LONG TERM

3 GOOD HEALTH AND WELL-BEING



### What You Will Discover

Learn the six steps of “Return to Play” and find a creative way to share these with a younger Section, or with your family.

### The Adventure

First, place the six steps of “Return to Play” in the correct order. Then, find a creative and interesting way to teach these steps to a younger Section. Write a song or perform a skit about the six different steps and why it’s important to slowly transition back to play after suffering a concussion.



hydro one



It starts with Scouts.

## Plan

- What resources will you use to learn about the six steps of “Return to Play”?
- Who are you going to share this information with?
- How are you going to creatively teach another Section about these steps?

## Do

**#ScoutsDoStuff:** Film your song, skit or other creative presentation and share it on social media, or email it to your Group’s parents to spread the message of “Return to Play”!

## Review

- What did you learn about going back to play after a concussion?
- Why do you think it’s important to follow these steps when returning to play?
- The next time you want to share a message like this, is there something you will do differently?

## Safety Note

- How can you ensure you are communicating accurate information to your audience?
- What safety factors do you need to take into consideration when running a meeting for another Section?

## Try this

### Keep it Simple

- Create a poster with the six steps of “Return to Play” and hang it up in your meeting space.

### Take it Further

- Take your show on the road! Visit Sections or Groups and teach them what you know about “Return to Play”.