



RETURN TO DRIVING GUIDELINES

HOW TO RETURN TO DRIVING AFTER CONCUSSION

- It's important to be careful when you return to driving after a concussion.
- There are steps you can take to ensure you're safe to drive.
- Work with your medical team to decide the best time to start driving.

IF YOU'VE JUST BEEN INJURED:

it's not usually safe to drive for at least 1-2 days. Consider taking even more time off from driving until you've had assessment with your medical team. Even if you feel symptoms have subsided, your reaction time may be slower and symptoms could increase with driving.

CONSIDER THE MANY DEMANDS THAT ARE INVOLVED IN DRIVING, INCLUDING:

Attention and concentration	Processing information	Dealing with busy environments
Multitasking	Following directions	Dealing with stress
Dealing with quick movements	Planning routes	Quick decisions and reactions
Dealing with light and noise	Problem Solving	Shoulder checking

GUIDELINES FOR RETURNING TO DRIVING

- Returning to driving should progress through several phases or steps.
- Only progress to the next phase if your symptoms are tolerable, and you've received clearance from your medical team.
- Your medical team can help you to determine when you're safe to drive.

PHASE 1. REST / NO DRIVING - For the first few days after concussion, don't drive. Get some productive rest and stay safe. No driving, even as a passenger if you can avoid it.

PHASE 2. LIGHT ACTIVITY AND MOVEMENT, NO DRIVING - Start doing light activity around the house, walking (if you haven't yet started) and visiting the community where possible. Avoid driving even as a passenger.

PHASE 3. DRIVING AS A PASSENGER - Start being in a car as a passenger for short trips and progress the length of trip if your symptoms don't get worse. Practice moving your head, looking side to side and up and down while the car is moving.

[GET CLEARANCE FROM YOUR MEDICAL TEAM BEFORE PROCEEDING]

PHASE 4. DRIVING WITHIN NEIGHBOURHOOD - start with short trips (< 15 minutes) driving alone around your immediate neighbourhood.

PHASE 5. DRIVING ON QUIET SIDE STREETS - Increase to 15-30 minutes and begin driving alone on side streets. Avoid highways and busier roads. Slowly increase the length of time you're driving, and how busy the streets are. Once you feel comfortable, begin driving with passengers in the car with you.

PHASE 6. DRIVING ON BUSY ROADS & HIGHWAY - Return to driving on the highway and busy roads (eg. in the city) for 30+ minutes. At this stage you should be able to do all aspects of driving (including shoulder checks, driving with passengers) without any symptoms.