

ImPACT: Driving After Concussion: When Is It Safe to Drive after Concussion?

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Common impairments: reaction time, executive function, attention, ability to concentrate

Key points as returning:

- *minimize distractions
- * minimize night driving
- * drive a short distance
- * drive familiar routes
- * avoid following cars close
- * avoid freeways/interstates initially

Clinical Recommendations on “Return to Drive”

- **Step 1:** Refrain from driving 48-72 hrs after injury
- **Step 2:** Drive a short distance with supervision ie 2-4 miles/15-20 min. Avoid freeway/interstate & limit distractions.
- **Step 3:** Drive a short distance independently
- **Step 4:** Moderate distance with supervision ie 8-15 miles/30-60 min. Short freeway/interstates. Music & conversations are allowed.
- **Step 5:** Moderate distance independently
- **Step 6:** No restrictions- return to drive

Keep in mind: What is in the best interest of the driver? Is he/she impaired to make a judgment/decision to determine if well or fit to drive? It is the driver's responsibility to determine if well to drive safely, if they are a minor a parent/guardian may assist with these recommendations.

If a student is driving, suggest no passengers as that will lead to further distractions.