

Return to School

This tool is a guideline for managing a student's return to school following a concussion and does not replace medical advice. Timelines and activities may vary by direction of a health care professional.

AT HOME			AT SCHOOL			
STAGE 1:	STAGE 2:		STAGE 3:	STAGE 4:	STAGE 5:	STAGE 6:
<p>Physical & cognitive rest</p> <ul style="list-style-type: none"> Basic board games, crafts, talk on phone Activities that do not increase heart rate or break a sweat <p>Limit/Avoid:</p> <ul style="list-style-type: none"> Computer, TV, texting, video games, reading <p>No:</p> <ul style="list-style-type: none"> School work Sports Work Driving until cleared by a health care professional 	<p>Start with light cognitive activity:</p> <p>Gradually increase cognitive activity up to 30 min. Take frequent breaks.</p> <p>Prior activities plus:</p> <ul style="list-style-type: none"> Reading, TV, drawing Limited peer contact and social networking <p>Contact school to create Return to School plan.</p>	<p>When light cognitive activity is tolerated:</p> <p>Introduce school work.</p> <p>Prior activities plus:</p> <ul style="list-style-type: none"> School work as per Return to School plan <p>Communicate with school on student's progression.</p>	<p>Back to school part-time</p> <p>Part-time school with maximum accommodations.</p> <p>Prior activities plus:</p> <ul style="list-style-type: none"> School work at school as per Return to School plan <p>No:</p> <ul style="list-style-type: none"> P.E., physical activity at lunch/recess, homework, testing, sports, assemblies, field trips <p>Communicate with school on student's progression.</p>	<p>Part-time school</p> <p>Increase school time with moderate accommodations.</p> <p>Prior activities plus:</p> <ul style="list-style-type: none"> Increase time at school Decrease accommodations Homework – up to 30 min./day Classroom testing with adaptations <p>No:</p> <ul style="list-style-type: none"> P.E., physical activity at lunch/recess, sports, standardized testing <p>Communicate with school on student's progression.</p>	<p>Full-time school</p> <p>Full days at school, minimal accommodations.</p> <p>Prior activities plus:</p> <ul style="list-style-type: none"> Start to eliminate accommodations Increase homework to 60 min./day Limit routine testing to one test per day with adaptations <p>No:</p> <ul style="list-style-type: none"> P.E., physical activity at lunch/recess, sports, standardized testing 	<p>Full-time school</p> <p>Full days at school, no learning accommodations.</p> <ul style="list-style-type: none"> Attend all classes All homework Full extracurricular involvement All testing <p>No:</p> <ul style="list-style-type: none"> full participation in P.E. or sports until Return to Sport protocol completed and written medical clearance provided
	<p>No:</p> <ul style="list-style-type: none"> School attendance Sports Work 			<p>Increase school work, introduce homework, decrease learning accommodations</p>	<p>Work up to full days at school, minimal learning accommodations</p>	<p>Full academic load</p>
<p>Rest</p>	<p>Gradually add cognitive activity including school work at home</p>		<p>School work only at school</p>			
<p>When symptoms start to improve OR after resting for 2 days max, BEGIN STAGE 2</p>	<p>Tolerates 30 min. of cognitive activity, introduce school work at home</p>	<p>Tolerates 60 min. of school work in two 30 min. intervals, BEGIN STAGE 3</p>	<p>Tolerates 120 min. of cognitive activity in 30-45 min. intervals, BEGIN STAGE 4</p>	<p>Tolerates 240 min. of cognitive activity in 45-60 min. intervals, BEGIN STAGE 5</p>	<p>Tolerates school full-time with no learning accommodations BEGIN STAGE 6</p>	<p>Return to School protocol completed, focus on RETURN TO SPORT</p>

Note: A student is tolerating an activity if symptoms are not exacerbated.

Adapted from the Return to Learn protocol by G.F. Strong School Program (Vancouver School Board), Adolescent and Young Adult Program, G.F. Strong Rehabilitation Centre.