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

#### STAGE 1:
- **Physical & cognitive rest**
  - Basic board games, crafts, talk on phone
  - Activities that do not increase heart rate or break a sweat

- **Limit/Avoid:**
  - Computer, TV, texting, video games, reading

- **No:**
  - School work
  - Sports
  - Work
  - Driving until cleared by a health care professional

- **Rest**
  - Gradually add cognitive activity including school work at home

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

- **When symptoms start to improve OR after resting for 2 days max, BEGIN STAGE 2**

#### STAGE 2:
- **Start with light cognitive activity:**
  - Gradually increase cognitive activity up to 30 min. Take frequent breaks.

- **Prior activities plus:**
  - Reading, TV, drawing
  - Limited peer contact and social networking

- **Contact school to create Return to School plan.**

#### STAGE 3:
- **Back to school part-time**
  - Introduce school work.

- **Prior activities plus:**
  - School work as per Return to School plan

- **Communicate with school on student's progression.**

- **No:**
  - P.E., physical activity at lunch/recess, homework, testing, sports, assemblies, field trips

- **Communicate with school on student's progression.**

#### AT SCHOOL

#### STAGE 1:
- **No:**
  - School attendance
  - Sports
  - Work

- **School work only at school**

#### STAGE 2:
- **Gradually increase cognitive activity up to 30 min. Take frequent breaks.**

#### STAGE 3:
- **Part-time school**
  - Increase time at school with moderate accommodations.

- **Prior activities plus:**
  - Increase time at school
  - Decrease accommodations
  - Homework – up to 30 min./day
  - Classroom testing with adaptations

- **No:**
  - P.E., physical activity at lunch/recess, sports, standardized testing

- **Communicate with school on student's progression.**

#### STAGE 4:
- **Full-time school**
  - Increase school time with no learning accommodations.

- **Prior activities plus:**
  - Start to eliminate accommodations
  - Increase homework to 60 min./day
  - Limit routine testing to one test per day with adaptations

- **No:**
  - P.E., physical activity at lunch/recess, sports, standardized testing

- **Communicate with school on student's progression.**

#### STAGE 5:
- **Full-time school**
  - Increase school work, introduce homework, decrease learning accommodations

- **School work only at school**

#### STAGE 6:
- **Full-time school**
  - Full academic load

- **Work up to full days at school, minimal learning accommodations**

- **Full days at school, no learning accommodations**
  - Attend all classes
  - All homework
  - Full extracurricular involvement
  - All testing

- **No:**
  - full participation in P.E. or sports until Return to Sport protocol completed and written medical clearance provided

- **Return to School protocol completed; focus on RETURN TO SPORT**

**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.**

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