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.

<table>
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<tr>
<th>STAGE 1: AT HOME</th>
<th>STAGE 2:</th>
<th>STAGE 3: AT SCHOOL</th>
<th>STAGE 4:</th>
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<th>STAGE 6:</th>
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</table>
| **Physical & cognitive rest** | **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
  - Communicate with school on student’s progression. | **When light cognitive activity is tolerated:**
  - Introduce school work.
  - Prior activities plus:
    - School work as per Return to School plan | **Back to school part-time**
  - Increase school time with moderate accommodations.
  - Prior activities plus:
    - School work at school as per Return to School plan | **Part-time school**
  - Increase school time with maximum accommodations.
  - Prior activities plus:
    - School work at school as per Return to School plan | **Full-time school**
  - Increase school time with no learning accommodations.
  - Prior activities plus:
    - Start to eliminate accommodations
    - Increase homework to 60 min./day | **Full-time school**
  - Full days at school, no learning accommodations. | **Full-time school**
  - Full days at school, full academic load | **Full-time school**
  - Full days at school, minimal accommodations.
  - Prior activities plus:
    - Attend all classes
    - All homework
    - Full extracurricular involvement
    - All testing | **Work up to full days at school, minimal learning accommodations**
  - Prior activities plus:
    - Attend all classes
    - All homework
    - Full extracurricular involvement
    - All testing | **Work up to full days at school, minimal learning accommodations**
  - Prior activities plus:
    - Attend all classes
    - All homework
    - Full extracurricular involvement
    - All testing | **Return to School protocol completed; focus on RETURN TO SPORT**
  - Prior activities plus:
    - Attend all classes
    - All homework
    - Full extracurricular involvement
    - All testing |

- **Rest**
  - Gradually add cognitive activity including school work at home
  - Communicate with school on student’s progression.
  - Gradually increase cognitive activity including school work at home
  - School work only at school
  - Increase school work, introduce homework, decrease learning accommodations
  - Tolerates 120 min. of cognitive activity in 30-45 min. intervals, BEGIN STAGE 4
  - Tolerates 240 min. of cognitive activity in 45-60 min. intervals, BEGIN STAGE 5
  - Tolerates school full-time with no learning accommodations, BEGIN STAGE 6

| Note: A student is tolerating an activity if symptoms are not exacerbated. | \[www.cattonline.com\] | © BCIRPU. All rights reserved | Version 11: Updated December 2017 | 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. |