

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

**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.