



# Return-to-School

**Both Return-to-School and Return-to-Sport / Physical Activity Strategies can be done in parallel. However, the Return-to-School Strategy should be completed before starting Stage 5 of the Return-to-Sport / Physical Activity Strategy.**

Each stage must take a minimum of 24 hours, but could last longer depending on the student and their specific situation. **If the student experiences new or worsening symptoms at any specific stage, they should go back to the previous stage for at least 24 hours.** The student may need to move back a stage more than once during their recovery process.

		AT HOME		AT SCHOOL			
		STAGE A	STAGE B	STAGE C	STAGE D	STAGE E	STAGE F
Objective of each stage	REST	Daily Activities at Home	School Work at Home	Back to School Part-time as an Observer	Return to School Part-time	Gradual Elimination of Accommodations	Return to School Full-time
Acceptable activities	<p>Stay home in a quiet and calm environment and keep any social visits brief</p> <p><b>Activities:</b></p> <ul style="list-style-type: none"> <li>Short phone calls</li> <li>Short and basic board and/or card games</li> <li>Crafts</li> </ul> <p><b>Inform the school administration of the results of the medical examination</b></p>	<p><b>Adding activities during the day that do not provoke symptoms</b></p> <ul style="list-style-type: none"> <li>Start with 5 to 15 minutes at a time and gradually build to 15 to 30 minute sessions</li> </ul> <p><b>Activities from previous stage plus:</b></p> <ul style="list-style-type: none"> <li>Limited TV</li> <li>Drawing or building blocks</li> <li>Board and/or card games</li> <li>Easy reading</li> </ul>	<ul style="list-style-type: none"> <li>Build to the equivalent of 1 hour of school-type work in 30 minute increments</li> </ul> <p><b>Activities from previous stage plus:</b></p> <ul style="list-style-type: none"> <li>Limited computer, laptop or tablet use</li> <li>Limited texting or games with cell phone</li> </ul> <p><b>Contact school to prepare for the student's return to school part-time</b></p>	<p><b>Note: The student may proceed directly to Stage D, unless advised otherwise</b></p> <p><b>Attend school part-time as an observer with maximum usage of accommodations</b></p> <ul style="list-style-type: none"> <li>Build to a half day of cognitive activity</li> <li>Start with 30-45 min. intervals</li> </ul>	<p><b>Gradually decrease the use of learning accommodations as tolerated</b></p> <ul style="list-style-type: none"> <li>Build towards 45-60 min. intervals of school work</li> <li>Allow for classroom tests with adaptations</li> </ul> <p><b>Homework</b> Build to 30 min. of homework per day</p>	<p><b>Note: The student may proceed directly to Stage F, unless advised otherwise</b></p> <ul style="list-style-type: none"> <li>Gradually eliminate the use of learning accommodations as tolerated</li> </ul> <p><b>Homework</b> Build to 1 hour per day as tolerated</p>	<p><b>Return to full days at school with no learning accommodations</b></p> <ul style="list-style-type: none"> <li>Attend all classes</li> <li>Resume routine schoolwork / homework</li> <li>Resume all standardized tests</li> <li>Resume full extracurricular involvement for non-sport activities (e.g. debating club, drama club, chess club)</li> </ul>
Activities not permitted	<ul style="list-style-type: none"> <li>No school work or reading</li> <li>No physical exertion / sports</li> <li>No TV or video games</li> <li>No computer, laptop, tablet or cell phone use (texting)</li> <li>No alcohol, tobacco, caffeine and no other stimulant use</li> </ul> <p><b>No driving until consulted by a healthcare professional</b></p>	<ul style="list-style-type: none"> <li>No school or homework</li> <li>No computer, laptop or tablet use</li> <li>No texting or games with cell phone</li> <li>No alcohol, tobacco, caffeine and no other stimulant use</li> </ul>	<ul style="list-style-type: none"> <li>No school attendance</li> <li>Limited caffeine use</li> </ul>	<ul style="list-style-type: none"> <li>No music class</li> <li>No homework</li> <li>No adapted tests</li> <li>No standardized tests</li> <li>No carrying heavy physical loads (e.g. backpacks)</li> </ul>	<ul style="list-style-type: none"> <li>No standardized tests</li> </ul>	<ul style="list-style-type: none"> <li>No more than one adapted evaluation per day</li> <li>No standardized tests</li> </ul>	<ul style="list-style-type: none"> <li>No usage of any learning accommodations</li> <li>No participation in competitive sports or physical activities until the student has been given medical clearance</li> </ul>
Timeline	<p>When symptoms start to improve or after resting for 48 hours max:</p> <p><b>Begin STAGE A</b></p>	<p>Able to tolerate 30 min. of cognitive activity without a break?</p> <p><b>No: Return to Rest</b> <b>Yes: Begin Stage B</b></p>	<p>Able to tolerate 1 hour of cognitive tasks in two 30 minute sessions?</p> <p><b>No: Return to Stage A</b> <b>Yes: Begin Stage C</b></p>	<p>Able to tolerate a half day at school as an observer?</p> <p><b>No: Return to Stage B</b> <b>Yes: Begin Stage D</b></p>	<p>Able to tolerate a half day of school work with moderate usage of learning accommodations?</p> <p><b>No: Return to Stage C</b> <b>Yes: Begin Stage E</b></p>	<p>Able to tolerate a full day with minimal usage of learning accommodations?</p> <p><b>No: Return to Stage D</b> <b>Yes: Begin Stage F</b></p>	<p>Able to tolerate a full academic workload?</p> <p><b>No: Return to Stage E</b> <b>Yes: The Return-to-School Strategy is completed</b></p>

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. Contact your primary healthcare provider or seek medical help as soon as possible if symptoms persist or worsen. Persistent concussion symptoms occur when they last more than 2 weeks for adults or more than 4 weeks for youth under the age of 18.

Adapted from: 2016 Berlin Consensus Statement on Concussion in Sport and the Protocol for Return to Learn after a concussion by Parachute (2017). 201907V3