



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



www.nbtrauma.ca



www.parachutecanada.org



www.gnb.ca