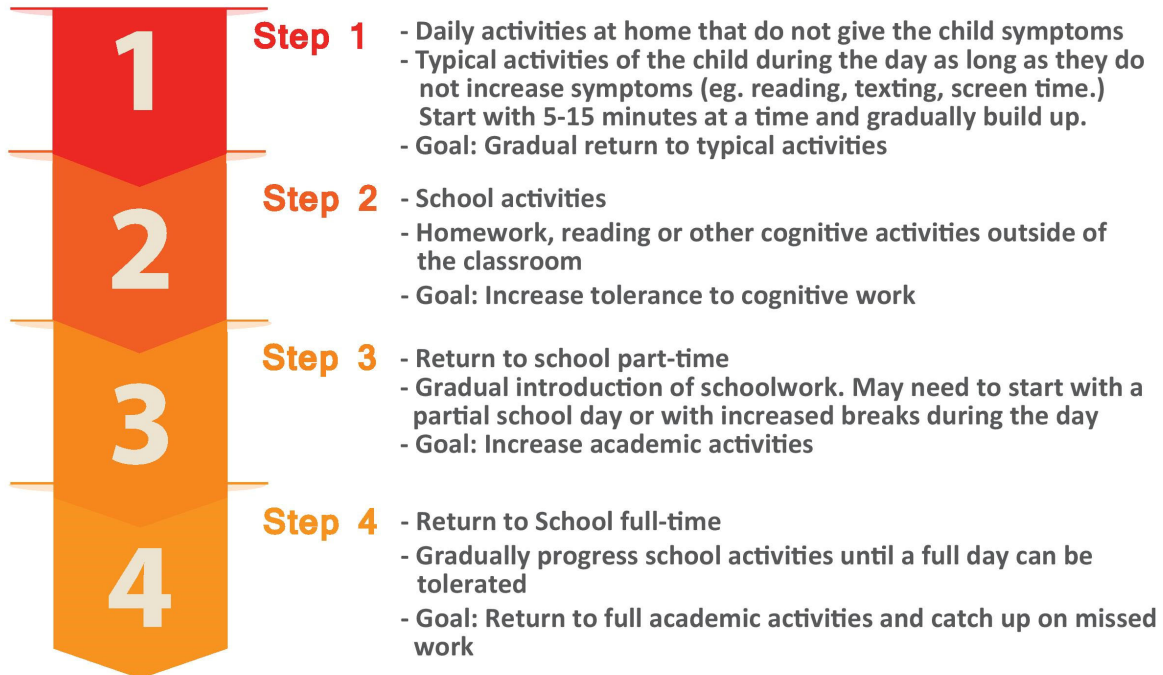


Appendix 1 - Return to School



Concussion Management Return to School Guidelines



After returning to school full time without symptoms reoccurring, you may begin the return to play guidelines. Some accommodations may be necessary to ensure the student's full recovery. Accommodations may include moving deadlines, removing some of the workload immediately, as well as allowing for a few days off to rest. It is recommended that parents and educators accommodate the need of the injured individual.

Children and adolescents should not return to sport until they have successfully returned to school. However, early introduction of symptom-limited physical activity is appropriate. Schools are encouraged to have Sport Related Concussion (SRC) policy that includes education on prevention and management for teachers, staff, students, and parents, and should offer appropriate academic accommodation and support to the students recovering from SRC. Students should have regular medical follow-up after an SRC to monitor recovery and help with return to school. Students may require temporary absence from school after injury.

For more information please visit:

www.sportmedab.ca/ab-concussion-alliance

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