

# Return to Learn Protocol

This tool is a guideline for managing a student's return to school following a concussion. 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:
<p><b>Physical &amp; cognitive rest</b></p> <ul style="list-style-type: none"> <li>Basic board games, crafts, talk on phone, photography</li> <li>Physical activities that do not increase heart rate or break a sweat</li> </ul> <p><b>Avoid:</b></p> <ul style="list-style-type: none"> <li>Computer, TV, texting, video games, reading</li> </ul> <p><b>No:</b></p> <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>	<p><b>Start with light cognitive activity:</b></p> <p>Gradually increase cognitive activity up to 30 min.</p> <p><b>Prior activities plus:</b></p> <ul style="list-style-type: none"> <li>Reading, TV, drawing, Lego</li> <li>Limited peer contact and social networking</li> <li>Take frequent breaks</li> </ul> <p><b>Contact school to create return to learn plan.</b></p>	<p><b>When light cognitive activity is tolerated:</b></p> <p>Introduce school work.</p> <p><b>Prior activities plus:</b></p> <ul style="list-style-type: none"> <li>School work as per return to learn plan</li> </ul> <p><b>Communicate with school on student's progression.</b></p>	<p><b>Back to school part-time</b></p> <p>Part-time school with maximum accommodations.</p> <p><b>Prior activities plus:</b></p> <ul style="list-style-type: none"> <li>School work at school as per return to learn plan</li> </ul> <p><b>No:</b></p> <ul style="list-style-type: none"> <li>P.E.</li> <li>physical activity at lunch/recess</li> <li>homework</li> <li>testing</li> <li>sports</li> <li>assemblies</li> <li>field trips</li> </ul> <p><b>Communicate with school on student's progression.</b></p>	<p><b>Part-time school</b></p> <p>Increase school time with moderate accommodations.</p> <p><b>Prior activities plus:</b></p> <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> <p><b>No:</b></p> <ul style="list-style-type: none"> <li>P.E.</li> <li>physical activity at lunch/recess</li> <li>sports</li> <li>standardized testing</li> </ul> <p><b>Communicate with school on student's progression.</b></p>	<p><b>Full-time school</b></p> <p>Full days at school, minimal accommodations.</p> <p><b>Prior activities plus:</b></p> <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> <p><b>No:</b></p> <ul style="list-style-type: none"> <li>P.E.</li> <li>physical activity at lunch/recess</li> <li>sports</li> <li>standardized testing</li> </ul>	<p><b>Full-time school</b></p> <p>Full days at school, no learning accommodations.</p> <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> <p><b>No:</b></p> <ul style="list-style-type: none"> <li>full participation in P.E. or sports until <i>Return to Play</i> protocol completed and written medical clearance provided</li> </ul>
	<p><b>No:</b></p> <ul style="list-style-type: none"> <li>School attendance</li> <li>Sports</li> <li>Work</li> </ul>					
	<p><b>Gradually add cognitive activity including school work at home</b></p>		<p><b>School work only at school</b></p>		<p><b>Work up to full days at school, minimal learning accommodations</b></p>	<p><b>Full academic load</b></p>
<p><b>Rest</b></p>				<p><b>Increase school work, introduce homework, decrease learning accommodations</b></p>		
<p>When symptom-free for 24 hours, <b>BEGIN STAGE 2</b></p>	<p>Tolerates 30 min. of cognitive activity, introduce <b>school work at home</b></p>	<p>Tolerates 60 min. of school work in two 30 min. intervals, <b>BEGIN STAGE 3</b></p>	<p>Tolerates 120 min. of cognitive activity in 30-45 min. intervals, <b>BEGIN STAGE 4</b></p>	<p>Tolerates 240 min. of cognitive activity in 45-60 min. intervals, <b>BEGIN STAGE 5</b></p>	<p>Tolerates school full-time with no learning accommodations <b>BEGIN STAGE 6</b></p>	<p>Return to Learn protocol completed, focus on <b>RETURN TO PLAY</b></p>

**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