

RETURN-TO-SCHOOL/WORK STRATEGY

The following is an outline of the Return-to-School Strategy that should be used to help student-athletes, parents/caregivers and teachers to collaborate in allowing the player to make a gradual return to school activities. Depending on the severity and type of the symptoms present, student-athletes will progress through the following stages at different rates. If the student-athlete experiences new symptoms or worsening symptoms at any stage, they should go back to the previous stage. Players should also be encouraged to ask their school if they have a school-specific Return-to-Learn Program in place to help student-athletes make a gradual return to school.

REST (24 - 48 HOURS)

DAILY ACTIVITIES AT HOME

Typical activities during the day, as long as they do not increase symptoms (i.e. reading, texting, screen time). Start with 5-15 minutes at a time and gradually build up.

GOAL OF THE STAGE:
Gradual return to typical activities

SCHOOL ACTIVITIES

Homework, reading or other cognitive activities outside of the classroom.

GOAL OF THE STAGE:
Increase tolerance to cognitive work

RETURN-TO-SCHOOL/ WORK PART-TIME

Gradual introduction of schoolwork. May need to start with a partial school day or with increased breaks during the day.

GOAL OF THE STAGE:
Increase academic activities

RETURN-TO-SCHOOL/ WORK FULL-TIME

Gradually progress, reduce modifications or adaptations until the student can handle a full day and full workload with no modifications or adaptations.

GOAL OF THE STAGE:

Return to full academic activities and catch-up on missed schoolwork.

WHAT IS NEXT?

Stages #5 & #6 of the Water Polo Specific Return-to-Sport Strategy

**Note: It is important that youth and adult student-athletes return to full-time school/work activities before progressing to stages 5 of the water polo specific Return-to-Sport Strategy!*



A SIGNED MEDICAL CLEARANCE LETTER IS REQUIRED PRIOR TO THE ATHLETE ENTERING STAGE 5 OF THE RETURN-TO-SPORT STRATEGY!!!

Note: These steps can also be used as a Return-to-Work Strategy for those water polo players that train or compete in the Active for Life stages (i.e. Masters water polo, adult provincial league or club adult water polo program) or for coaches, officials and trainers.*

**A more tailored and detailed Return-to-Work strategy is available for stakeholders on Parachute's website in both of Canada's official languages ([English](#) and [French](#)).