

Return To School Guidelines

Best practice guidelines recommend a short period of physical and cognitive rest following concussion (24-48 hours) that may require an absence from school in those early stages to help ease symptoms. During this period, it is still OK to participate in light household tasks like making your bed, caring for your pets, talking on the phone with a friend for example, as long as those activities do not increase your symptoms. Screens, and tasks requiring a lot of visual focus should be avoided as much as possible. As symptoms improve, it is important to gradually build in more activity (both cognitive and physical) as tolerated. No two concussions are alike, and recovery rates can vary considerably from individual to individual. It is critical to ensure students are returning to school in a timely manner. The longer that students are kept out of the classroom, the more potential there is for the development of:

- **Anxiety & Depression**
- **Social Isolation**
- **Deconditioning**
- **Sleep Dysregulation**

Suspected Injury: Medical Evaluation by Physician

Rest Phase

Short period of physical and cognitive rest (24-48 hours)

Persistent Symptoms?



Initiate Gradual Return-to-Learn Plan with the help of Physician and/or Shift Concussion Provider

Implement Environmental and Academic Accommodations

Back to school with accommodations. Some examples of this include shortened days, preferential seating, limiting times in busy environments (ex. hallways, assemblies), limit note taking, more time for testing and assignments, reduced workload

Continued Clinical Rehabilitation with Shift Provider/Team (as needed)

Adjust, Modify, & Re-assess While Maintaining Safe and Sub-symptom Activity

Get back to normal routines with some restrictions before gradually returning to full participation including regular attendance, homework, tests and extracurriculars.

**** Children and youth should not be returning to sport until they have returned to school full time with no restrictions**