

# RETURN TO LEARN

This document is intended as a guideline for managing return to learn following a sport-related concussion and you should follow your education institutions' return to learn guidelines. Connectivity does not provide individual medical advice. Timelines and direction may vary depending on advice sought from medical professionals.



AT HOME

## 1. PHYSICAL AND COGNITIVE REST

- Rest for 2 days maximum; no school work, sport, work or driving
- Sleep as much as needed without disrupting your usual sleep patterns
- Simple activities such as art and craft, or very short social visits
- Limit screen time including television, computer and smartphones

### REST

Until symptoms begin to improve **OR** 48 hours maximum.

## 2. LIGHT COGNITIVE ACTIVITY

- Reading, drawing, TV etc. for under 30 minutes
- Contact school to create a return to school plan and introduce light school work to complete at home

**If symptoms increase or worsen return to previous stage**

### GRADUALLY INCREASE COGNITIVE LOAD

This includes schoolwork at home. Increase school work from 30 to 60 mins.

## 3. PART TIME RETURN TO SCHOOL

- School work only during school time; no homework
- NO:** Physical education, excursions, physical activity during lunch or recess, assemblies or tests

**If symptoms increase or worsen return to previous stage**

### NO HOMEWORK

School work only during school hours. Up to 120 minutes of mental activity in 45min intervals.

## 4. PART TIME SCHOOL

- Increase number of days at school
  - A maximum of 30 minutes homework per day
- NO:** Physical education, physical activity during lunch or recess, or tests

**If symptoms increase or worsen return to previous stage**

### HOMEWORK, DECREASE LEARNING ACCOMMODATIONS

Up to 240 minutes of mental activity in 45-60min intervals.

## 5. FULL RETURN TO SCHOOL

- Full days at school with minimal accommodations to learning
- NO:** Physical education, physical activity during lunch or recess, or tests
- If symptoms increase or worsen return to previous stage**

### UP TO FULL DAYS

Minimal learning accommodations.

## FULL RETURN TO SCHOOL

Return to full days at school, with homework and without learning accommodations.  
**NO:** Physical education, physical activity during lunch or recess without medical clearance.

**If symptoms are new or worsening at any stage, return to the previous stage for at least 24 hours.**

This may need to be done more than once during your recovery process. It is best not to overdo it as this could prolong your recovery process. Remember each person is different so it is important to take your time going through each stage.

Recovering from a concussion injury can impact mental health so it's important to seek mental health care if required.

### Persistent Post-Concussion Symptoms (PPCS)

Some people may experience concussion symptoms for longer than typically expected. These people may have PPCS. If symptoms do not improve, or are worsening seek appropriate healthcare advice and refer to your schools policy documents. For more information on PPCS scan the QR Code.



GOALS OF EACH STAGE