

Waterloo Community School District Return To Learn (RTL) Concussion Protocol

Return To Learn Protocol

This is a guideline for managing a student's return to school (learn) following a concussion. Time-lines and activities may vary from individual to individual and by direction of a health care professional.

AT HOME			AT SCHOOL			
STAGE 1:	STAGE 2:		STAGE 3:	STAGE 4:	STAGE 5:	STAGE 6:
Physical & cognitive rest <ul style="list-style-type: none"> Basic board games, crafts, talk on phone, photography Physical activities that do not increase heart rate or break a sweat Avoid: <ul style="list-style-type: none"> Computer, TV, texting, video games, reading No: <ul style="list-style-type: none"> School work Sports Work Driving until cleared by a health care professional 	Start with light cognitive activity: Gradually increase cognitive activity up to 30 min. Prior activities plus: <ul style="list-style-type: none"> Reading, TV, drawing, Lego Limited peer contact and social networking Take frequent breaks Contact school to create return to learn plan.	When light cognitive activity is tolerated: Introduce school work. Prior activities plus: <ul style="list-style-type: none"> School work as per return to learn plan Communicate with school on student's progression.	Back to school part-time Part-time school with maximum accommodations. Prior activities plus: <ul style="list-style-type: none"> School work at school as per return to learn plan No: <ul style="list-style-type: none"> P.E. physical activity at lunch/recess homework testing sports assemblies field trips Communicate with school on student's progression.	Part-time school Increase school time with moderate accommodations. Prior activities plus: <ul style="list-style-type: none"> Increase time at school Decrease accommodations Homework – up to 30 min./day Classroom testing with adaptations No: <ul style="list-style-type: none"> P.E. physical activity at lunch/recess sports standardized testing Communicate with school on student's progression.	Full-time school Full days at school, minimal accommodations. Prior activities plus: <ul style="list-style-type: none"> Start to eliminate accommodations Increase homework to 60 min./day Limit routine testing to one test per day with adaptations No: <ul style="list-style-type: none"> P.E. physical activity at lunch/recess sports standardized testing 	Full-time school Full days at school, no learning accommodations. <ul style="list-style-type: none"> Attend all classes All homework Full extracurricular involvement All testing No: <ul style="list-style-type: none"> full participation in P.E. or sports until Return to Play protocol completed and written medical clearance provided
	No: <ul style="list-style-type: none"> School attendance Sports Work 			Increase school work, introduce homework, decrease learning accommodations	Work up to full days at school, minimal learning accommodations	Full academic load
Rest	Gradually add cognitive activity including school work at home		School work only at school			
When symptom-free for 24 hours, BEGIN STAGE 2	Tolerates 30 min. of cognitive activity, introduce school work at home	Tolerates 60 min. of school work in two 30 min. intervals, BEGIN STAGE 3	Tolerates 120 min. of cognitive activity in 30-45 min. intervals, BEGIN STAGE 4	Tolerates 240 min. of cognitive activity in 45-60 min. intervals, BEGIN STAGE 5	Tolerates school full-time with no learning accommodations BEGIN STAGE 6	Return to Learn protocol completed, focus on RETURN TO PLAY

Student must complete all phases of the Return To Learn Protocol and be at a full academic day and coursework before beginning the Return To Play protocol.

Student must complete all phases of the Return To Play Protocol and have written medical clearance before participating in full P.E. or Sports.

