

Living Guideline Return to School/Learn Protocol

Step	Activity	Examples of activities
1	Activities of daily living and relative rest* (Maximum of 24-48 hours)	Activities at home such as social interactions and light walking that do not result in more than mild and brief** exacerbation (worsening) of concussion symptoms. Minimize screentime.
2	School activities with encouragement to return to school as soon as possible (as tolerated)	Reading or other cognitive activities at school or at home. Goal: Increase tolerance to cognitive work, and connect socially with peers. Take breaks and adapt activities if concussion symptom exacerbation (worsening) is more than mild and brief**. Clearance from your doctor is not required to return to low-risk in-person or at-home school activities. A complete absence from the school environment for more than one week is not generally recommended.
3	Part-time or full days at school with academic accommodations if needed	Gradual reintroduction of school work. May require partial school days with access to breaks throughout the day, or with academic accommodations to tolerate the classroom or school environment. Gradually reduce accommodations and increase workload until full days without concussion-related accommodations are tolerated.
4	Return to school full-time. No academic accommodations (related to concussion)	Return to full days at school and academic activities without requiring concussion-related accommodations. Medical clearance is NOT required to return to school.

Instructions:

Students should begin a gradual increase in their cognitive load with the goal of minimizing time away from the school environment. The return to school should not be restricted if the student is tolerating full days. Progression through the strategy may be slowed when there is more than a mild and brief symptom exacerbation**; however, missing more than one week of school is not generally recommended.

Definitions:

- *Relative rest: activities of daily living including walking and other light physical and cognitive activities are permitted as tolerated.
- **Mild exacerbation (worsening) of symptoms: No more than a 2-point increase when compared with the pre-activity value on a 0-10-point symptom severity scale***. "Brief" exacerbation of symptoms: Worsening of symptoms for up to 1 hour.
- ***0-10 point symptom severity scale: Please see the [Visual analog scale](#) for an example of a 0-10 symptom severity scale.

These definitions and instructions were harmonized with and modified with permission from the [Amsterdam International Consensus Statement on Concussion in Sport](#)

Date Updated: Sept 2023