

## RETURN-TO-SCHOOL STRATEGY

### *WWSD Concussion Protocol*

	Stage	Aim	Activity	Goal of each step
<b>At Home</b>	<b>1</b>	Daily activities that do not give the student symptoms	Typical activities during the day as long as they do not increase symptoms. Start at 5-15 minutes at a time and gradually build up.	Gradual return to typical activities
	<b>2</b>	School activities	Homework, reading or other cognitive activities outside of the classroom.	Increase tolerance to cognitive work
<b>At School</b>	<b>3</b>	Return to school part-time	Gradual introduction of schoolwork. May need to start with a partial school day or with increased breaks during the day.	Increase academic activities
	<b>4</b>	Return to school full-time	Gradually progress, reduce modifications or adaptations until the student can handle a full day with no modifications or adaptations.	Return to full academic activities and catch up on missed school work

Adapted from: McCrory et al. (2017). Consensus statement on concussion in sport – the 5<sup>th</sup> international conference on concussion in sport held in Berlin, October 2016. *British Journal of Sports Medicine*, 51(11), 838-847.