

Sturgeon Public School Division

Concussion Management Return to Learn Guidelines

1	Step 1	 Restrict Cognitive activity and rest at home as recommended by physician
2	Step 2	-Introduce cognitive activity* as tolerated; General guideline:15 minute sessions, building to 60 minutes
3	Step 3	-School work can be sent home; continue building duration of cognitive activity
4	Step 4	 Part time school day (half day) Build up to a full day as tolerated Implementation of school accommodations**
5	Step 5	-Full day of school - Continued implementation of school accommodations
6	Step 6	-Full time school - Resume full workload, and catch up on missed assignments

*Examples of cognitive activity are puzzles, Sudoku, word games, school assignments/tests, reading, texting, video games, computer, television, and conversations

**Please see list of guidelines for learning accommodations for students with concussions from the BC Injury Research and Prevention Unit

For more information please visit:

www.braincarecentre.com www.cattonline.com www.parachutecanada.org