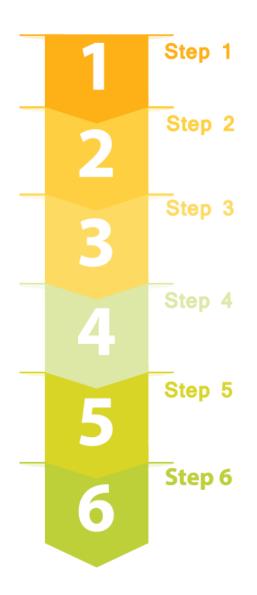
# **5D**5

## Sturgeon Public School Division

### **Concussion Management**

#### Return to Learn Guidelines



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

#### For more information please visit:

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

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

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