Parachute’s Protocol for RETURN TO LEARN After a Concussion

1. Move forward to the next stage only when Symptom-free for 24 hours
2. If symptoms re-appear, regress to previous stages and only participate in activities that you can tolerate
3. Contact your physician or seek medical help immediately if symptoms worsen

Itemised and ready to use

1. Part time school
   - Light load
   - Stage 3
   - OK if tolerated
     ✔ Up to 120 mins of cognitive activity in intervals
     ✔ 0.5 days of school/1-2 times a week
     ✔ Some light physical activity
   - Not OK
     × Avoid music/gym class
     × No tests/exams
     × No homework
     × No heavy physical loads (e.g. backpack)
   - Tolerate school work up to 1-3 hours a day for 0.5-1 day/week
2. Part time school
   - Moderate load
   - Stage 4
   - OK if tolerated
     ✔ Limited testing
     ✔ School work in 4-5 hours/day chunks
     ✔ Homework - up to 30 minutes/day
     ✔ 3-5 days of school/week
     ✔ Decrease learning accommodation
   - Not OK
     × No gym/physical exertion
     × No standardized tests/exams
     × No organized sports
   - Tolerate 4-5 hours/day in chunks for 2-4 days/week
3. Nearly normal workload
   - Stage 5
   - OK if tolerated
     ✔ Nearly normal cognitive activities
     ✔ Routine school work as tolerated
     ✔ Homework - up to 60 minutes/day
     ✔ Minimal learning accommodation
   - Not OK
     × No gym/physical exertion
     × No standardized tests/exams
     × No organized sports
   - Tolerate full-time academic load without worsening symptoms
4. Full time
   - Stage 6
   - OK if tolerated
     ✔ Normal cognitive activities
     ✔ Routine school work
     ✔ Full curriculum load
     ✔ No learning accommodation
     ✔ Begin Return to Play protocol
   - Not OK
     × No full participation in sports until medically cleared after Return to Play protocol
   - Follow Return to Sport protocol

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Adapted from: • 2016 Berlin Consensus Statement on Concussion in Sport • CATT’s Return To Learn Communication Tool • Dr. Mike Evans’ Concussion management and Return To Learn video • McMasterU’s CanChild Return to School Guideline