

RETURN TO LEARN



This document is intended as a guideline for managing return to learn following a sport-related concussion and you should follow your education institutions' return to learn guidelines. Connectivity does not provide individual medical advice. Timelines and direction may vary depending on advice sought from medical professionals.

AT HOME

1. RELATIVE PHYSICAL AND COGNITIVE REST

- Relative (not strict) rest for up to 48 hours following injury; light walking or stationary bike riding during this time is ok
- Normal cognitive activities such as reading. Start with 5 - 15mins at a time
- Limit screen time for 48 hours

RELATIVE REST
Gradual return to normal activities. Symptoms should not be made more than mildly or briefly worse.

2. INCREASE LIGHT COGNITIVE ACTIVITY

- Reading, drawing, TV etc. for under 30 minutes at a time
 - Contact school to create a return to school plan including learning accommodations
 - Complete light school work at home
- If symptoms increase or worsen return to previous stage

GRADUALLY INCREASE COGNITIVE LOAD
This includes schoolwork at home. Increase school work from 30 to 60 mins.

3. PART TIME RETURN TO LEARN

- School work only during school time; no homework
- NO:** excursions, assemblies or tests
Only light physical activity during lunch or recess
- If symptoms increase or worsen return to previous stage

NO HOMEWORK
School work only during school hours. Up to 120 minutes of mental activity in 45min intervals.

4. PART TIME LEARNING

- Increase number of days at school
 - A maximum of 30 minutes homework per day
- NO:** excursions, assemblies or tests
Only light physical activity during lunch or recess
- If symptoms increase or worsen return to previous stage

HOMEWORK, DECREASE LEARNING ACCOMODATIONS
Up to 240 minutes of mental activity in 45-60min intervals.

5. FULL RETURN TO LEARNING

- Full days at school with minimal accommodations to learning
- Only light physical activity during lunch or recess
- If symptoms increase or worsen return to previous stage

UP TO FULL DAYS
Minimal learning accommodations.

FULL RETURN TO LEARN

Return to full days at school, with homework and without learning accommodations.
NO: Full return to physical education / activity during lunch or recess without medical clearance.

To minimise academic and social disruptions during return to learn, early return to activities of daily living are encouraged. If symptoms are new or worsening at any stage, return to the previous stage for at least 24 hours. This may need to be done more than once during your recovery process. Remember each person is different so it is important to take your time going through each stage.

Recovering from a concussion injury can impact mental health so it's important to seek mental health care if required.

Persistent Post-Concussion Symptoms (PPCS)

Some people may experience concussion symptoms for longer than expected. These people may have PPCS. If symptoms do not improve, or are worsening seek appropriate healthcare advice and refer to your schools policy documents. For more information on PPCS scan the QR Code.

