

STAB Concussion Return to Learn Guidelines

	Black (Recovery Stage 1)	Red (Recovery Stage 2)	Orange (Recovery Stage 3)	Yellow (Recovery Stage 4)	Green (Recovery Stage 5)
Symptoms:	Student reports constant symptoms that interfere with activities of daily living	Student reports symptoms are not yet controlled with activity modification	Student reports that he/she is symptom free with no mental/physical activity And Student can do academic work symptom-free for at least 20 minutes	Student can control symptoms with activity modification And Student can sit through a full class symptom-free while being mentally engaged	Student is symptom-free for a full day of school without accommodations And Passes Impact Test Or Deemed clinically recovered by AT
Teachers' Expectations & Recommendations:	<ul style="list-style-type: none"> No school attendance No homework or make-up completed No communication to teachers expected from student 	<ul style="list-style-type: none"> No school attendance No homework or make-up work completed Minimal communication to teachers expected from student 	<ul style="list-style-type: none"> Student can begin partial school days with accommodations* Student may need to complete classwork in short intervals while in class* <p>*Amount of class periods and interval lengths will be specified by Athletic Trainer</p> <ul style="list-style-type: none"> Notes may need to be provided Homework and make-up work will be completed on an "as-tolerated" basis, but is not expected to be completed Student is expected to leave the classroom for a 20 minute break if symptoms occur No quizzes or tests 	<ul style="list-style-type: none"> Student can complete full school days with few accommodations Homework & classwork is expected to be attempted, but will be completed on an "as-tolerated" basis Student is allowed to leave the classroom for 10 minutes if symptoms occur Student is expected to be engaged when in the classroom No quizzes or tests 	<ul style="list-style-type: none"> Student can complete full school days without accommodations Student is expected to be fully engaged Homework is expected to be completed Make-up work will be completed with reasonable due dates Quizzes and tests allowed
Parent Recommendations:	<ul style="list-style-type: none"> Rest at home as much as possible No bright screen usage (computers, TV, iPads, video games, phones) No homework No physical activity 	<ul style="list-style-type: none"> Rest at home Activities are based on symptom level No mental-stimulating activities (video/comp games) Can do short walks at discretion of AT If symptom-free, can begin trying academics for 10-20 mins intervals 	<ul style="list-style-type: none"> May leave the house if symptom-free No parties, concerts, sleepovers or activities that may be noisy, stressful or may interfere with sleep Do homework in short intervals of 20 min work/20 min break & slowly increase (per Athletic Trainer's recommendations) Computer usage and phone usage can be used if it doesn't create symptoms No physical activity other than short walks when symptom-free 	<ul style="list-style-type: none"> Avoid activities that increase symptoms No activities that interfere with a full night's rest Homework is to be completed in intervals no longer than 45 min work/ 15 min break No physical activity other than walks when symptom-free or supervised biking with AT Try to adopt a normal routine 	<ul style="list-style-type: none"> No restrictions at home No physical activity or team practices until cleared by Athletic Trainer (must complete 5 day return to play progression under AT supervision)
ATC Comments:					

* This chart is simply a guideline and may not fit every case. All decisions and individualized accommodations will still be made by STAB Athletic Trainers. In accordance with the Zurich guidelines (2013), no return to sport or activity should occur before the child/adolescent has managed to return to school successfully. The information in this chart was created by Shari Norte, MS, ATC, OTC, PES and designed for STAB students.