

CIF Concussion Return to Learn (RTL) Protocol

Instructions:

- Keep brain activity below the level that causes worsening of symptoms (e.g., headache, tiredness, irritability).
- If symptoms worsen at any stage, stop activity and rest.
- Seek further medical attention if your child continues with symptoms beyond 7 days.
- If appropriate time is allowed to ensure complete brain recovery before returning to mental activity, your child may have a better outcome than if he or she tries to rush through these guidelines.
- Please give this form to teachers/school administrators to help them understand your child's recovery.

Stage	Home Activity	School Activity	Physical Activity
Brain Rest	<ul style="list-style-type: none"> • Rest quietly, nap and sleep as much as needed. • Avoid bright light if bothersome. • Drink plenty of fluids and eat healthy foods every 3-4 hours. • Avoid "screen time" (text, computer, cell phone, TV, video games). 	<ul style="list-style-type: none"> • No school. • No homework or take-home tests. • Avoid reading and studying. 	<ul style="list-style-type: none"> • Walking short distances to get around is okay. • No exercise of any kind. • No driving.
	<p><i>This step usually ends 3-5 days after injury.</i></p> <p><i>Progress to the next stage when your child starts to improve, but s/he may still have some symptoms.</i></p>		
Restful Home Activity	<ul style="list-style-type: none"> • Set a regular bedtime/wake up schedule. • Allow at least 8-10 hours of sleep and naps if needed. • Drink lots of fluids and eat healthy foods every 3-4 hours. • Limit "screen time" to less than 30 minutes a day. 	<ul style="list-style-type: none"> • No school. • May begin easy tasks at home (drawing, baking, cooking). • Soft music and 'books on tape' ok. • Once your child can complete 60-90 minutes of light mental activity without a worsening of symptoms he/she may go to the next step. 	<ul style="list-style-type: none"> • Light physical activity, like walking. • No strenuous physical activity or contact sports. • No driving.
	<p><i>Progress to the next stage when your child starts to improve and s/he has fewer symptoms.</i></p>		
Return to School - PARTIAL DAY	<ul style="list-style-type: none"> • Allow 8-10 hours of sleep per night. • Avoid napping. • Drink lots of fluids and eat healthy foods every 3-4 hours. • "Screen time" less than 1 hour a day. • Spend limited social time with friends outside of school. 	<ul style="list-style-type: none"> • Gradually return to school. • Start with a few hours/half-day. • Take breaks in the nurse's office or a quiet room every 2 hours or as needed. • Avoid loud areas (music, band, choir, shop class, locker room, cafeteria, loud hallway and gym). • Use sunglasses/ earplugs as needed. Sit in front of class. • Use preprinted large font (18) class notes. • Complete necessary assignments only. • No tests or quizzes. • Limit homework time. • Multiple choice or verbal assignments better than lots of long writing. • Tutoring or help as needed. • Stop work if symptoms increase. 	<ul style="list-style-type: none"> • Light physical activity, like walking, and as instructed by physician. • No strenuous physical activity or contact sports. • No driving.
	<p><i>Progress to the next stage when your child can complete the above activities without symptoms.</i></p>		
Return to School - FULL DAY	<ul style="list-style-type: none"> • Allow 8-10 hours of sleep per night. • Avoid napping. • Drink lots of fluids and eat healthy foods every 3-4 hours. • "Screen time" less than 1 hour a day. • Spend limited social time with friends outside of school. 	<ul style="list-style-type: none"> • Progress to attending core classes for full days of school. • Add in electives when tolerated. • No more than 1 test or quiz per day. • Give extra time or untimed homework/tests. • Tutoring or help as needed. • Stop work if symptoms increase. 	<ul style="list-style-type: none"> • Light physical activity, like walking, and as instructed by physician. • No strenuous physical activity or contact sports. • No driving.
	<p><i>Progress to the next stage when your child has returned to full school and is able to complete all assignments/tests without symptoms.</i></p>		
Full Recovery	<ul style="list-style-type: none"> • Return to normal home and social activities. 	<ul style="list-style-type: none"> • Return to normal school schedule and course load. 	<ul style="list-style-type: none"> • Must complete Graduated Return to Play (RTP) Protocol before returning to strenuous physical activity or contact sports. • See CIF RTP Protocol.