**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.
  - Do not try to rush through these stages.
- If appropriate time is allowed to ensure complete brain recovery before returning to mental activity, your child may have a better outcome.

  - Please give this form to teachers/school administrators to help them understand your child’s recovery.

<table>
<thead>
<tr>
<th>Stage</th>
<th>Home Activity</th>
<th>School Activity</th>
<th>Physical Activity</th>
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</table>
| Brain Rest/Restful Home Activity | • Initially sleep as much as needed (allow at least 8-10 hours of sleep)  
  • Allow short naps during day (less than 1 hour at a time)  
  • Move towards setting a regular bedtime/wake up schedule as symptoms improve  
  • Avoid bright light if bothersome  
  • Stay well-hydrated and eat healthy foods/snacks every 3-4 hours  
  • Limit “screen time” (phone, computer, video games) as symptoms tolerate; use large font | • Gradually return to school  
  • Sit in front of class  
  • 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 brimmed hat/earplugs as needed  
  • Use preprinted large font (18) class notes  
  • Complete necessary assignments only  
  • Limit homework time  
  • No tests or quizzes  
  • Multiple choice or verbal assignments better than long writing assignments  
  • Tutoring or help as needed  
  • Stop work if symptoms increase | • Walking short distances initially to get around is okay  
  • As symptoms improve, progress physical activity, like vigorous walking  
  • No strenuous exercise or contact sports  
  • No driving |
| Return to School - PARTIAL DAY | • Set a regular bedtime/wake up schedule  
  • Allow 8-10 hours of sleep per night  
  • Limit napping to allow for full sleep at night  
  • Stay well-hydrated and eat healthy foods/snacks every 3-4 hours  
  • Limit “screen time” and social activities outside of school as symptoms tolerate | • 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 | • Progress physical activity and as instructed by physician  
  • No strenuous physical activity or contact sports  
  • No driving |
| Return to School - FULL DAY | • Allow 8-10 hours of sleep per night  
  • Avoid napping  
  • Stay well-hydrated and eat healthy foods/snacks every 3-4 hours  
  • “Screen time” and social activities outside of school as symptoms tolerate | • 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 | • Progress physical activity and as instructed by physician  
  • No strenuous physical activity or contact sports  
  • Okay to drive |
| Full Recovery | • Return to normal home and social activities | • Return to normal school schedule and course load | • Start CIF Return to Play Protocol |

**Progress to the next stage when your child starts to improve, but may still have some symptoms**

**Progress to the next stage as symptoms continue to improve and your child can complete the activities listed above**

**Progress to the next stage when your child has returned to full school and is able to complete all assignments/tests without symptoms**