

WPS Return to Learn Protocol

Step	Progression	Description	Return to Play
1	HOME- Total rest	• No mental exertion (No computer, testing, video games or homework) • Stay at home • No driving	No Participation in PE or Sports
2	HOME- Light mental activity	• Up to 30 minutes mental exertion • No prolonged concentration • Stay at home • No driving	
When parent(s) indicate student is ready to return to school, school to send letter to parent(s) Progress to the next level when able to handle up to 90 minutes mental exertion without worsening of symptoms			
3	School- Part time • Maximum Necessary Accommodations • Shortened days/ schedule • Built in breaks	• Provide quiet place for scheduled mental rest • No significant classroom or standardized testing • Modify rather than postponing academics • Provide extra time, extra help, modified assignments	
Progress to the next level when able to attend a half of a day or 2 blocks of mental exertion without worsening of symptoms. At this stage include athletic training staff in planning.			
4	School- Part time • Moderate Necessary Accommodations	• No standardized testing • Modified classroom testing • Moderate decrease of extra time, help, and modification of assignments	Return to Play Process May Start after: 1) Impact scores return to baseline 2) Symptom free for 72 hours Return to Participation Progression: Day 1: Low exertion Day 2: Low exertion Day 3: Moderate exertion/with weight training Day 4: Limited participation Day 5: Full participation
Progress to the next level when able to attend a full day of mental exertion without worsening of symptoms. <i>At this point student may be considered for return to play protocol with the appropriate healthcare professional approval.</i>			
5	School - Full time • Minimal Necessary Accommodations	• No standardized testing, routine tests OK • Continue decrease of extra time, help, and modification of assignments • May require more supports in academically challenging subjects	
Progress to next level when able to handle up to a Full day of school.			
6	School - Full Time • Full academics • No accommodations	• Attends all classes • Full homework	
If symptoms persist or fail to improve over time, additional in-school support may be required with consideration for further evaluation. If the student is 3-4 weeks post injury without significant evidence of improvement, a 504 plan may be considered. Progressions will be individualized for each student-athlete.			
Source: Adapted from - http://biavt.org/concussion-kit-documents/Section%207%20-%20RTL%20Protocol-pub%20final_5-9-13.pdf			