

# Return to School Plan

This section is intended to assist school boards with their requirement to include a Return to School Plan for students who have been diagnosed with a concussion, regardless of whether the concussion was sustained at school or elsewhere. (Refer to [School Board Policies on Concussion \(PPM158\)](#) for the specific requirements.)

## Return to School Plan

A student's Return to School Plan is intended to support a student's Return to Learn and Return to Physical Activity.

- **Return to Learn** includes stages that are based on the individual needs of the student, as there is no pre-set strategy and/or approach that meets the needs of all students.
- **Return to Physical Activity** includes stages that are individual and follow an internationally recognized graduated approach.

The length of time needed to complete each **Return to Learn** and **Return to Physical Activity Stage** will vary based on the severity of the concussion and the individual student's progress **with each stage taking at least 24-hours**.

For an overview of each Return to Learn and Return to Physical Activity Stage and the activities that can be done at each one refer to [Return to Learn and Return to Physical Activity Stages](#).