

Chart 2a: Diagnosed Concussion – Return to School Plan (Stages 1–2)

This chart is to be used once a student has been diagnosed with a concussion by a Medical Doctor or Nurse Practitioner. Content of this chart occurs after [Chart 1: Identification of a Suspected Concussion](#).



HOME CONCUSSION MANAGEMENT: Stages completed at home under the supervision of the Parents/Guardians

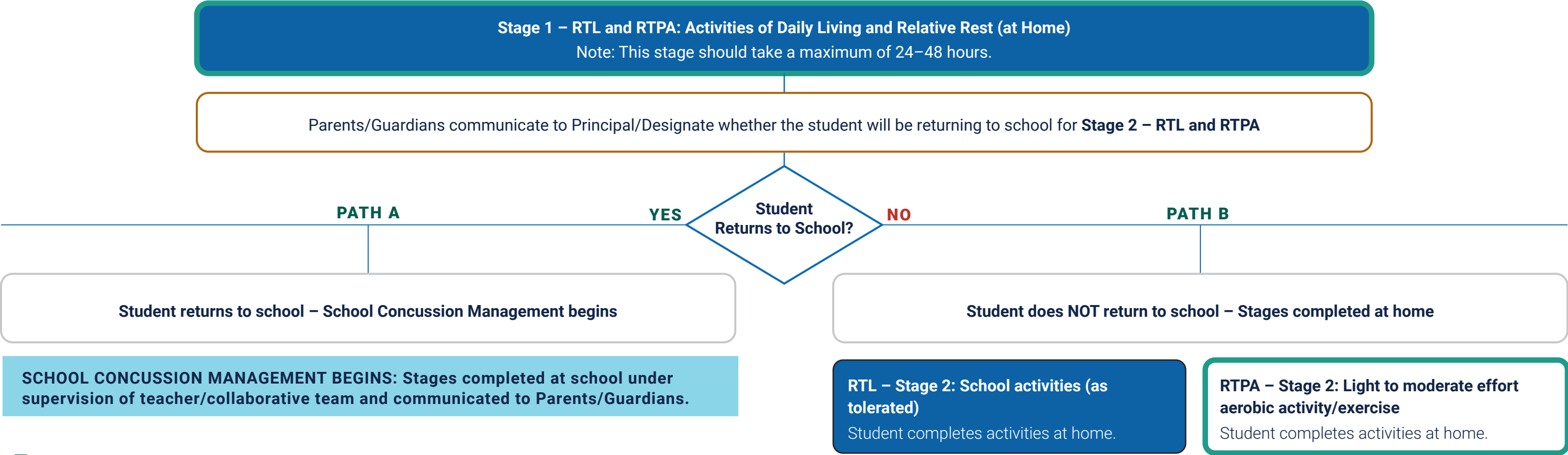
■ PRINCIPAL / DESIGNATE

Inform Parents/Guardians about the components of the Home Concussion Management plan, including:

- What to expect during the Return to School process (refer to: [Return to School Plan: Parent/Guardian Information](#)); and
- The content from RTL and RTPA Stages 1 and 2 (refer to: [Sample Return to School Plan: Stages 1 to 3](#))

▲ PARENTS / GUARDIANS

- Support and track student progress through the stages.
- Monitor for the return of, new or worsening signs and/or symptoms.



■ PRINCIPAL / DESIGNATE

Schedule meeting with a collaborative team to support the student’s transition from home to school and progression through the Stages at school. Inform parent/guardian about the School Concussion Management plan, including:

- RTL and RTPA Stages 2 and 3 (refer to: [Sample Return to School Plan: Stages 1–3](#))
- RTL and RTPA Stages 4–6 (as appropriate) (refer to: [Sample Return to School Plan: Stages 4–6](#))

PATH A: STUDENT RETURNS TO SCHOOL AFTER STAGE 1

RTL – Stage 2 School activities (as tolerated)
Student completes activities at school (part-time or full-time)

RTPA – Stage 2: Light to moderate effort aerobic activity/exercise
Student completes activities at school (part-time or full-time)

HOME / SCHOOL TRACKING
(between teacher/designated school lead and Parents/Guardians)
Goal: To help inform when a student is ready to progress to the next stage of RTL and RTPA.
Note: Progression through RTL and RTPA may not occur at the same time.

PATH B: STUDENT DOES NOT INITIALLY RETURN AFTER STAGE 2

- ▲ PARENTS / GUARDIANS**
Communicate to Principal/Designate when the student is ready to return to school for **Stage 3 – RTL and RTPA.**

SCHOOL CONCUSSION MANAGEMENT BEGINS: Stages are completed at school under supervision of teacher/collaborative team member(s) and Parents/Guardians

- PRINCIPAL / DESIGNATE**
Schedule meeting with a collaborative team to support the student’s transition from home to school and progression through the Stages at school.
Inform parent/guardian about the components of the School Concussion Management plan including:
 - RTL and RTPA Stage 3 (refer to: [Sample Return to School Plan: Stages 1–3](#))
 - RTL and RTPA Stages 4–6 (as appropriate) - (refer to: [Sample Return to School Plan: Stages 4–6](#))

NOTES

Progressing through the Stages:

- 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.
- An individual student’s progress at each stage must take at least 24 hours.

Return to Learn (RTL) Stages:

- It is common and ok for a student’s symptoms to return or worsen mildly and briefly as they progress through the Return to Learn Stages, as long as returning or worsening symptoms do not last for more than an hour.
- If a student’s concussion-related symptoms return or worsen for more than an hour, the student should take a break, and the activities should be adapted.
- A student may need accommodations to tolerate: cognitive activities (e.g., access to breaks, extra time to complete work); and the school environment (e.g., permission to wear sunglasses in class if required or a quiet place to eat lunch).

Return to Physical Activity (RTPA) Stages:

- During Stages 1, 2 or 3 (prior to medical clearance) it is common and OK for student’s symptoms to return or worsen mildly and briefly as long as these symptoms do not last for more than an hour.
- If a student’s concussion-related symptoms worsen for longer than an hour, or they cannot tolerate their symptoms, the student should stop the activity and try again the next day at the same stage.



For more information, access the [Ontario Physical Activity Safety Standards in Education Concussion Protocol](#).

■ Principal / Designate

▲ Parents / Guardians