

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