

Graduated return to school strategy

	Aim	Activity	Goal
Stage 1	Daily activities at home that do not give the child symptoms	Typical activities of the child during the day as long as they do not increase symptoms (eg, reading, texting, screen time). Start with 5-15 min at a time and gradually build up	Gradual return to typical activities
Stage 2	School activities	Homework, reading or other cognitive activities outside of the classroom	Increase tolerance to cognitive work
Stage 3	Return to school part-time	Gradual introduction of schoolwork. May need to start with a partial school day or with increased breaks during the day	Increase academic activities
Stage 4	Return to school full time	Gradually progress school activities until a full day can be tolerated	Return to full academic activities and catch up on missed work.

From the “Consensus statement on concussion in sport—the 5th international conference on concussion in sport held in Berlin, October 2016” (McCroly et al) <http://bjsm.bmj.com/content/early/2017/04/28/bjsports-2017-097699>