



Developed by:

[www.cattonline.com](http://www.cattonline.com)

*The recognition, appropriate treatment, and management of concussions is crucial to the health and safety of our children!*

The free Concussion Awareness Training Tool (CATT) provides **medical professionals, parents, players and coaches**, as well as **school professionals** with the most comprehensive and up-to-date collection of concussion information. The website is updated frequently and includes online courses, frequently asked questions, and resources that are both printable and smartphone accessible.



For Medical Professionals



For Parents, Players & Coaches



For School Professionals

Learn more about **concussion**, the need for **prevention**, recognition and management with



## Return to Learn Protocol

This tool is a guideline for managing a student's return to school following a concussion. Timelines and activities may vary by direction of a health care professional.

AT HOME			AT SCHOOL			
STAGE 1:	STAGE 2:		STAGE 3:	STAGE 4:	STAGE 5:	STAGE 6:
<b>Physical &amp; cognitive rest</b> <ul style="list-style-type: none"> <li>Basic board games, crafts, talk on phone, photography</li> <li>Physical activities that do not increase heart rate or break a sweat</li> </ul> <b>Avoid:</b> <ul style="list-style-type: none"> <li>Computer, TV, texting, video games, reading</li> </ul> <b>No:</b> <ul style="list-style-type: none"> <li>School work</li> <li>Sports</li> <li>Work</li> <li>Driving until cleared by a health care professional</li> </ul>	<b>Start with light cognitive activity:</b> Gradually increase cognitive activity up to 30 min. <b>Prior activities plus:</b> <ul style="list-style-type: none"> <li>Reading, TV, drawing, Lego</li> <li>Limited peer contact and social networking</li> <li>Take frequent breaks</li> </ul> <b>Contact school to create return to learn plan.</b>	<b>When light cognitive activity is tolerated:</b> Introduce school work. <b>Prior activities plus:</b> <ul style="list-style-type: none"> <li>School work as per return to learn plan</li> </ul> <b>Communicate with school on student's progression.</b>	<b>Back to school part-time</b> Part-time school with maximum accommodations. <b>Prior activities plus:</b> <ul style="list-style-type: none"> <li>School work at school as per return to learn plan</li> </ul> <b>No:</b> <ul style="list-style-type: none"> <li>P.E., physical activity at lunch/recess, homework, testing, sports, assemblies, field trips</li> </ul> <b>Communicate with school on student's progression.</b>	<b>Part-time school</b> Increase school time with moderate accommodations. <b>Prior activities plus:</b> <ul style="list-style-type: none"> <li>Increase time at school</li> <li>Decrease accommodations</li> <li>Homework – up to 30 min./day</li> <li>Classroom testing with adaptations</li> </ul> <b>No:</b> <ul style="list-style-type: none"> <li>P.E., physical activity at lunch/recess, sports, standardized testing</li> </ul> <b>Communicate with school on student's progression.</b>	<b>Full-time school</b> Full days at school, minimal accommodations. <b>Prior activities plus:</b> <ul style="list-style-type: none"> <li>Start to eliminate accommodations</li> <li>Increase homework to 60 min./day</li> <li>Limit routine testing to one test per day with adaptations</li> </ul> <b>No:</b> <ul style="list-style-type: none"> <li>P.E., physical activity at lunch/recess, sports, standardized testing</li> </ul>	<b>Full-time school</b> Full days at school, no learning accommodations. <ul style="list-style-type: none"> <li>Attend all classes</li> <li>All homework</li> <li>Full extracurricular involvement</li> <li>All testing</li> </ul> <b>No:</b> <ul style="list-style-type: none"> <li>full participation in P.E. or sports until <i>Return to Play</i> protocol completed and written medical clearance provided</li> </ul>
	<b>No:</b> <ul style="list-style-type: none"> <li>School attendance</li> <li>Sports</li> <li>Work</li> </ul>			<b>Increase school work, introduce homework, decrease learning accommodations</b>	<b>Work up to full days at school, minimal learning accommodations</b>	<b>Full academic load</b>
Rest	Gradually add cognitive activity including school work at home		School work only at school			
When symptom-free for 24 hours, BEGIN STAGE 2	Tolerates 30 min. of cognitive activity, introduce school work at home	Tolerates 60 min. of school work in two 30 min. intervals, BEGIN STAGE 3	Tolerates 120 min. of cognitive activity in 30-45 min. intervals, BEGIN STAGE 4	Tolerates 240 min. of cognitive activity in 45-60 min. intervals, BEGIN STAGE 5	Tolerates school full-time with no learning accommodations BEGIN STAGE 6	Return to Learn protocol completed, focus on RETURN TO PLAY

Adapted from the Return to Learn protocol by G.F. Strong School Program (Vancouver School Board), Adolescent and Young Adult Program, G.F. Strong Rehabilitation Centre

Note: A student is tolerating an activity if symptoms are not exacerbated.

## Return to Play Communication Tool

Return to Learn should be completed before Return to Play

STAGE 1: No sporting activity	STAGE 2: Light aerobic exercise	STAGE 3: Sport-specific exercise	STAGE 4: Non-contact drills	STAGE 5: Full-contact practice	STAGE 6: Back in the game Normal game play
Symptom-limited physical and cognitive rest	Walking, swimming, stationary cycling. No resistance training. Heart rate <70%	Skating drills (ice hockey), running drills (soccer). No head-impact activities	Progress to complex training drills (e.g. passing drills). May start resistance training	Following medical clearance participate in normal training activities	
Recovery	Increase heart rate	Add movement	Exercise, coordination, cognitive load	Restore confidence; assess functional skills	
Symptom-free for 24 hours?	Symptom-free for 24 hours?	Symptom-free for 24 hours?	Symptom-free for 24 hours?	Symptom-free for 24 hours?	
<b>Yes:</b> Move to stage 2 <b>No:</b> Continue resting	<b>Yes:</b> Move to stage 3 <b>No:</b> Return to stage 1	<b>Yes:</b> Move to stage 4 <b>No:</b> Return to stage 2	<b>Yes:</b> Move to stage 5 <b>No:</b> Return to stage 3	<b>Yes:</b> Return to play <b>No:</b> Return to stage 4	
Time & Date completed: _____	Time & Date completed: _____	Time & Date completed: _____	Time & Date completed: _____	Time & Date completed: _____	

If symptoms reappear at any stage, go back to the previous stage until symptom-free for 24 hours. You may need to move back a stage more than once during the recovery process.

Medical clearance required before moving to Stage 5