

Return to School and Return to Physical Activity Stages

Return to School (RTS) Stages	Return to Physical Activity (RTPA) Stages
<p><u>Initial Rest at Home</u></p> <p>Relative cognitive rest for 24-48 hours or until symptoms start to improve (whichever occurs first).</p> <p>Sample activities (if tolerated by student):</p> <ul style="list-style-type: none"> ✓ Short board/card games ✓ Short phone calls ✓ Photography (with camera) ✓ Crafts <p>Activities that are limited at this stage (depending on symptom tolerance):</p> <ul style="list-style-type: none"> ✗ TV ✗ Technology use (e.g., computer, laptop, tablet, iPad), cell phone use (e.g., texting, games, photography) ✗ Video games ✗ Reading <p>Activities that are not permitted at this stage</p> <ul style="list-style-type: none"> ✗ Attendance at school or school-type work 	<p><u>Initial Rest at Home</u></p> <p>Relative physical rest for 24-48 hours or until symptoms start to improve (whichever occurs first).</p> <p>Sample activities (if tolerated by student):</p> <ul style="list-style-type: none"> ✓ Moving to various locations in the home ✓ Daily hygiene activities ✓ Other limited movement that does not increase heart rate or break a sweat <p>Activities that are not permitted at this stage</p> <ul style="list-style-type: none"> ✗ Physical exertion (increases breathing or heart rate, causes sweating) ✗ Stair climbing other than to move locations throughout the home ✗ Sports/sporting activity
<p><u>RTS – Stage 1 at Home</u></p> <p>Light cognitive (thinking/memory/ knowledge) activities. Gradually increase cognitive activity up to 30 minutes. Take frequent breaks.</p> <p>Activities permitted (if tolerated by student):</p> <ul style="list-style-type: none"> ✓ Activities from the previous stage ✓ Easy reading (e.g., books, magazines, newspaper) ✓ Limited TV ✓ Limited cellphone conversations ✓ Drawing/building blocks/puzzles ✓ Some contact with friends <p>Activities that are limited at this stage (depending on symptom tolerance):</p> <ul style="list-style-type: none"> ✗ Technology use (e.g., computer, laptop, tablet, iPad/cell phone) 	<p><u>RTPA – Stage 1</u></p> <p>Light physical activities that do not provoke symptoms. Movements that can be done with little effort (do not increase breathing or heart rate, or cause sweating).</p> <p>Activities permitted (if tolerated by student):</p> <ul style="list-style-type: none"> ✓ Daily household tasks (e.g., bed-making, dishes, feeding pets, meal preparation) ✓ Slow walking for a short time <p>Activities that are not permitted at this stage:</p> <ul style="list-style-type: none"> ✗ Physical exertion (increases breathing and heart rate and sweating) ✗ Sports/sporting activity ✗ Stair climbing, other than to move locations throughout the home

Activities that are not permitted at this stage:

- ✗ Attendance at school or school-type work

RTS – Stage 2 at Home

Gradually add cognitive activity. When light cognitive activity is tolerated, introduce school work at home (facilitated by the school).

Activities permitted (if tolerated by student):

- ✓ Activities from the previous stage
- ✓ School-type work in 30-minute increments
- ✓ Crosswords, word puzzles, Sudoku, word search
- ✓ Limited technology use (e.g., computer, laptop, tablet, iPad)/cell phone (e.g., texting/games/photography) starting with shorter periods and building up as tolerated

Activities that are not permitted at this stage:

- ✗ School attendance

The student is ready to begin school attendance as described in RTS Stage 3.

RTPA – Stage 2a

Add additional movements that do not increase breathing and/or heart rate or break a sweat.

Activities permitted (if tolerated by student):

- ✓ Activities from the previous stage
- ✓ Light physical activity (e.g., use of stairs)
- ✓ 10-15 minutes slow walking 1-2x per day inside and outside (weather permitting)

Activities that are not permitted at this stage:

- ✗ Physical exertion (increases breathing and/or heart rate and sweating)
- ✗ Sports
- ✗ Sporting activities

RTPA- Stage 2b

Activities permitted (if tolerated by student):

- ✓ Activities from the previous stage
- ✓ 20-30 minutes walking/stationary cycling/recreational (i.e., at a pace that causes some increase in breathing/heart rate but not enough to prevent a student from carrying on a conversation comfortably)

Activities that are not permitted at this stage:

- ✗ Resistance or weight training
- ✗ Physical activities with others
- ✗ Physical activities using equipment

RTS – Stage 3a

Part-time school attendance. The individual RTS Plan is developed by the Collaborative Team following the student conference and assessment of the student's individual needs, determining possible modifications/adaptations for student learning.

Activities permitted (if tolerated by student):

- ✓ Activities from the previous stage
- ✓ School work for up to 2 hours per day in smaller chunks (completed at school) working up to a half day of cognitive activity

Activities that are not permitted at this stage:

- ✗ Tests/exams
- ✗ Homework
- ✗ Music class
- ✗ Assemblies
- ✗ Field trips

RTS – Stage 3b

Part-time school attendance with a gradual increase in school attendance time, increased school work, and a decrease in learning modifications or adaptations.

Activities permitted (if tolerated by student):

- ✓ Activities from the previous stage
- ✓ School work for 4-5 hours per day, in smaller chunks (e.g., 2-4 days of school/week)
- ✓ Homework up to 30 minutes per day
- ✓ Classroom testing with adaptations

Activities that are not permitted at this stage:

- ✗ Standardized tests/exams

RTS – Stage 4a

Full day school, minimal modifications or adaptations. Nearly normal workload.

- Start to eliminate strategies/approaches
- Increase homework to 60 minutes per day
- Limit routine testing to one test per day with adaptations (e.g., supports - such as more time)

RTPA – Stage 3

Simple locomotor activities and sport-specific exercise to add movement.

Activities permitted (if tolerated by student):

- ✓ Activities from the previous stage
- ✓ Simple **individual** drills (e.g., running/throwing drills, skating drills in hockey, shooting drills in basketball) in predictable and controlled environments with no risk of re-injury
- ✓ Restricted recess activities (e.g., walking)

Activities that are not permitted at this stage:

- ✗ Full participation in physical education or DPA
- ✗ Participation in intramurals
- ✗ Full participation in interschool practices
- ✗ Interschool competitions
- ✗ Resistance or weight training
- ✗ Body contact or head impact activities (e.g., heading a soccer ball)
- ✗ Jarring motions (e.g., high speed stops, hitting a baseball with a bat)

RTPA – Stage 4

Progressively increase physical activity. Add in more difficult non-contact training drills to add coordination and increased thinking.

Activities permitted (if tolerated by student):

- ✓ Activities from the previous stage
- ✓ More complex training drills (e.g., passing drills in soccer and hockey)
- ✓ Physical activity with no body contact (e.g., dance, badminton)
- ✓ Participation in practices for non-contact interschool sports
- ✓ Progressive resistance training may be started
- ✓ Recess – physical activity running/games with no body contact
- ✓ Daily Physical Activity (DPA) (elementary)

Activities that are not permitted at this stage:

- ✗ Full participation in physical education
- ✗ Participation in intramurals
- ✗ Body contact or head impact activities (e.g., heading a soccer ball)
- ✗ Participation in interschool contact sport

Activities permitted (if tolerated by student):

- ✓ Activities from previous stage
- ✓ Nearly normal cognitive activities
- ✓ Routine school work as tolerated

Activities that are not permitted at this stage:

- ✗ Standardized tests/exams

RTS – Stage 4b

Full day school, no modifications or adaptations.

Activities permitted (if tolerated by student):

- ✓ Normal cognitive activities
- ✓ Routine school work
- ✓ Full curriculum load (attend all classes, all homework, tests)
- ✓ Standardized tests/exams

Full extracurricular involvement (non-sport/non-physical activity - e.g., debating club, drama club, chess club)

The student has successfully completed the Return to School Plan.

practices, or interschool games/competitions (non-contact and contact)

Before continuing on to RTPA Stages 5 and 6, the student must:

- have successfully completed the RTS Plan;
- have completed RTPA Stages 1 - 4 and be symptom-free; and
- obtain signed Medical Clearance from a medical doctor or nurse practitioner.

Note: Premature return to contact sports (full practice and game play) may cause a significant setback in recovery.

RTPA – Stage 5

Following medical clearance, full participation in all non-contact physical activities (i.e., non-intentional body contact) and in full contact training/practice for contact sports.

Activities permitted (if tolerated by student):

- ✓ Physical Education
- ✓ DPA (elementary)
- ✓ Intramural programs
- ✓ Full participation in non-contact interschool sports
- ✓ Full contact training/practice in contact interschool sports

Activities that are not permitted at this stage:

- ✗ Competition (e.g., games, meets, events) that involves body contact

RTPA - Stage 6

- ✓ Unrestricted return to contact sports. Full participation in contact sports games/competitions

The student has successfully completed the Return to Physical Activity Plan.