



Parachute
Concussion Series

Strategy for RETURN TO SCHOOL after a Concussion

1. Each stage is at least 24 hours. Move to the next stage only when activities are tolerated without new or worsening symptoms.
2. If symptoms re-appear, return to the previous stage for at least 24 hours.
3. If symptoms don't improve, but continue to get worse, contact your doctor or get medical help immediately.

AT HOME

Cognitive & physical rest
(24-48 hours)



- | OK if tolerated | Not OK |
|--|---|
| <ul style="list-style-type: none"> ✓ Short board games ✓ Short phone calls ✓ Camera photography ✓ Crafts | <ul style="list-style-type: none"> ✗ School ✗ Physical exertion/
stair climbing ✗ Organized sports |

If tolerated, limited amounts of

- TV
- Computer/cell phone use
- Reading

READY
FOR
NEXT
STAGE?

Symptoms start to improve OR
after resting for 48 hours max.

Stage
1

Light cognitive
activity



- | OK if tolerated | Not OK |
|--|---|
| <ul style="list-style-type: none"> ✓ Easy reading ✓ Limited TV ✓ Drawing/LEGO/
board games ✓ Some peer
contact | <ul style="list-style-type: none"> ✗ School ✗ Work ✗ Physical exertion/
stair climbing ✗ Organized sports |

If tolerated, limited amounts of

- Computer/cell phone use

READY
FOR
NEXT
STAGE?

Tolerate 30 mins. of cognitive
activity at home

Stage
2

School-type work/
Light physical activity



- | OK if tolerated | Not OK |
|--|--|
| <ul style="list-style-type: none"> ✓ School-type work
in 30 min. chunks ✓ Light physical
activity ✓ Some peer
contact | <ul style="list-style-type: none"> ✗ School
attendance ✗ Work ✗ Physical exertion/
stair climbing ✗ Organized sports |

READY
FOR
NEXT
STAGE?

Tolerate up to 60 mins. of
cognitive activity in 2-3 chunks

AT SCHOOL

Stage
3a

Part-time school
Light load



- | OK if tolerated | Not OK |
|--|---|
| <ul style="list-style-type: none"> ✓ Up to 120 mins.
of cognitive
activity in chunks ✓ Half-days at
school, 1-2 times
a week ✓ Some light
physical activity | <ul style="list-style-type: none"> ✗ Music/Phys. Ed
class ✗ Tests/exams ✗ Homework ✗ Heavy physical
loads (e.g.
backpack) ✗ Organized sports |

READY
FOR
NEXT
STAGE?

Tolerate school work up to 120
mins. a day for 1-2 days/week

Stage
3b

Part-time school
Moderate load



- | OK if tolerated | Not OK |
|--|---|
| <ul style="list-style-type: none"> ✓ Limited testing ✓ School work for
4-5 hours/day in
chunks ✓ Homework up to
30 mins./day ✓ 3-5 days of
school/week ✓ Decrease learning
accommodations | <ul style="list-style-type: none"> ✗ Phys. Ed class/
physical exertion ✗ Standardized
tests/exams ✗ Organized sports |

READY
FOR
NEXT
STAGE?

Tolerate school work 4-5 hours/
day in chunks for 2-4 days/week

Stage
4a

Nearly normal
workload



- | OK if tolerated | Not OK |
|--|--|
| <ul style="list-style-type: none"> ✓ Nearly normal
cognitive
activities ✓ Routine school
work as tolerated ✓ Homework up to
60 mins./day ✓ Minimal learning
accommodations | <ul style="list-style-type: none"> ✗ Phys. Ed class ✗ Standardized
tests/exams ✗ Full participation
in organized
sports |

READY
FOR
NEXT
STAGE?

Tolerate full-time academic load
without worsening symptoms

Stage
4b

Full time



- | OK if tolerated | Not OK |
|--|---|
| <ul style="list-style-type: none"> ✓ Normal cognitive
activities ✓ Routine school
work ✓ Full curriculum
load ✓ No learning
accommodations | <ul style="list-style-type: none"> ✗ Full participation
in sports until
medically cleared.
(See Return-to-
Sport Strategy) |

READY
FOR
NEXT
STAGE?

Stages 5-6 of the
Return-to-Sport Strategy