

# Concussion Return to School Plan Responsibilities - Parents/Guardians

When the student has successfully completed the stages of Initial Rest to Stage 2 of the **Return to Learning (RTL) plan** and the stages of Initial Rest to Stage 2b of the **Return to Physical Activity (RTPA) plan** the parent/guardian informs the school principal:

- Student has completed Stage 2 RTL (tolerates up to 1 hour of cognitive activity in two 30 minutes intervals and has not exhibited or reported a return of symptoms, new symptoms, or worsening symptoms) and is to begin RTL Stage 3a at school.
- Student has completed Stage 2b RTPA (activities are tolerated and has not exhibited or reported a return of symptoms, new symptoms, or worsening symptoms) and is to begin RTPA Stage 3 at school.