

Return to Learn

Barrington High School

Stage 1: Home - Brain Rest

- Stay at home
- No mental exertion
- Drink fluids/Avoid Caffeine
- No driving

Stage 2: Home - Light Mental Activity

- Stay at home
- No prolonged concentration
- Up to 30 minutes of mental exertion (multiple times daily)
- Drink fluids/Avoid Caffeine
- No driving

Progression to Stage 3: 30 minutes of mental exertion without worsening symptoms

Stage 3: School - Part Time

- Shortened day
- Rest breaks
- Limited screen time
- Reduce workload
- No significant assessments/tests
- Allow extra time for work
- No physical education
- Possibly no chorus, band or orchestra

Stage 4: School - Full Time I

- Begin incorporating class assessments/tests
- Begin increasing workload towards normal
- May require support in academics/challenging subjects
- No physical education
- Possibly no chorus, band or orchestra

Progression to Stage 5: 60 minutes of mental exertion without worsening symptoms

Stage 5: School - Full Time II

- Attend all classes
- Full course workload
- No accommodations
- Develop timeline for completing missed assignments
- Student may be considered for the Return to Play protocol

Lack of Progression: When symptoms continue and prolonged in school support is required, a team will meet to determine the appropriate levels of support.