

FCPS Return to Learn Protocol (RTLTP)

Phase	Expected Duration	Workload How much work?	Workload Adjustments/Accommodations	When to Progress to Next Phase
1-Rest at home	1-2 days	No school Stay home and rest	<ul style="list-style-type: none"> Rest quietly, nap as needed, but stick to a regular sleep schedule Reading, computer use, texting, video games, etc. as tolerated Drink plenty of fluids and eat normally Light physical activity, like going outside for a short distance walk No strenuous activity or driving 	Student is able to independently wake up, get ready, and can complete normal, non-school related daily activities without symptom worsening
2-Return to school	1-5 school days	No school work Student sits in class and listens as tolerated	<ul style="list-style-type: none"> No in-class work Classroom participation and engagement is allowed and encouraged Students may leave class 5 minutes early to avoid crowded hallways 	Student can sit in class for one day without worsening symptoms.
3-Return to school- work 50%	2-5 school days	50% of classwork and homework No tests or large assignments.	<ul style="list-style-type: none"> Work with teachers to modify or prioritize assignments/homework as tolerated Built-in breaks as needed if symptoms worsen during class Exclusion from standardized testing May need to avoid loud places (music, gym, shop class, cafeteria, etc.) No or modified PE as instructed 	Student can complete ½ of their work for 2 full days without worsening symptoms.
4-Return to school-work 100%	2-5 school days	100% of classwork and homework Modified testing permitted	In-class work and homework – no adjustment/accommodations Tests – adjustments/accommodations allowed	Student can complete all work for 2 full days without worsening symptoms. Student and teacher must make a plan to complete make-up work before the student can move to the next step.
5-Return to Learn		100% of classwork and homework Make up important assignments	None	

- Students may enter the protocol at the phase appropriate to their clinical presentation.
- Please note:** Progressing to the next phase is based on whether or not symptoms worsen, not based on symptoms being completely eliminated. The progression through the protocol may not always be linear. A student may move forward and backward through the phases as necessary.