

Return to Play/Learn Concussion Recovery Protocol

If a student is suspected of having a concussion, this form must be given to the parents and a physician must sign this form before the student is allowed to return to physical and/or academic activities.

STUDENT NAME: _____ Date: _____

RESULTS OF INITIAL MEDICAL EXAMINATION:

- No concussion has been diagnosed.** Student may return to:
- regular physical education class activities
 - intramural activities/clubs
 - interschool sport activities
 - all regular academic activities

Physician signature: _____ Date: _____

Comments: _____

- Suspected concussion.** In consultation with a physician, follow the Concussion Recovery Guidelines on page 2.

Physicians: Please indicate on the Concussion Recovery Guideline if more than 24 hours is recommended to complete any step of the process.

Physician signature: _____ Date: _____

Comments: _____

RETURN TO PLAY/LEARN PROCESS:

Note: This form must be given to the administrator who will inform all relevant personnel (teachers, coaches, etc.) and show each of them a copy of this form.

When a concussion is suspected by a physician, the student and parent(s)/guardian(s) monitor symptoms and signs of a concussion. As a part of this monitoring, the parent/guardian should communicate regularly with the teacher throughout Steps 1-5. It is very important that a student not do any activities if he/she has any signs or symptoms. The “return to play” and “return to learn” process is gradual and must follow the steps as outlined below and/or prescribed by the physician:

- **Each step must be completed, symptom free, before moving onto the next step.**
- If symptoms or signs of the concussion return (e.g. headache, feeling nauseated) either with activity or later that day, the student needs to rest for 24 hours, and return to the previous step.
- A student should never return to play as long as symptoms persist.

Concussion Recovery Guideline

Return to Play

With each stage, the student can continue to the next stage if asymptomatic at the current level. Each stage should take approximately 24 hours or more, so the full return to play should take no less than 1 week. If symptoms arise during the stages of the protocol, the student should move back to the last asymptomatic level and try to progress again after a 24 hour rest period.

Stage 1 - Rest with limited to no physical or cognitive activity – no TV, computer, texting, video games, reading, or exercise.

Return to Learn

Stage 2 - Light cognitive activities can be resumed at home so long as symptoms do not return. Individualized classroom strategies and learning activities should be implemented and limited to 15-20 minutes at a time, gradually working up to 2 hours symptom free.

Signature of Parent for clearance to Step 3

In signing below, I give permission for my son/daughter to proceed to Step 3 and participate in limited physical activity at school.

Parent/Guardian Signature: _____

Stage 3a - Student begins regular learning activities without individualized plans. Student should begin with half days and then, after 1-2 days, progress to full days.

Return to Play

Stage 3b - Individual, light aerobic activity only, such as walking or stationary cycling.

Stage 4 - Individual activity related to specific sports, e.g., skating in hockey, running in soccer, etc.. No body contact.

Stage 5 - Activities where there is no body contact, such as progressive resistance training, non-contact practice and progression to more complex training drills, e.g., passing drills, shooting drills, etc).

Signature of Physician for clearance to Step 6

Concussion symptoms & signs have gone. With the approval of the physician, the student may return to full participation in all physical activities.

Physician signature: _____ Date: _____

Comments:

Stage 6 - Full participation in regular physical activity in non-contact sports following medical clearance.

Stage 7 - Full participation in contact sports.

Guidelines adapted from <http://www.yraa.com/documents/docs/ConcussionProtocol.pdf> and http://www.health.gov.on.ca/en/public/programs/concussions/docs/onf_concussion_tool_en.pdf

https://www.scdsb.on.ca/Board/Procedures%20Documents/A7216_Student-Concussion-Protocol.pdf