

314 - Concussion - Appendix C

CONCUSSION PLAN FOR RETURN TO LEARN / RETURN TO PHYSICAL ACTIVITY

- 1) The *Plan for Return to Learn/Return to Physical Activity* is a collaborative effort between home and school to support the student's progress through the plan following a diagnosed concussion. The 6 Step Plan is necessary and identifies the sequence of supporting return to normal learning and physical activity.
- 2) A minimum of 24 hours is necessary for EACH step.
- 3) Please contact the school if you have any questions about the following.

SUMMARY OF STEPS:

Return to Learn / Return to Physical Activity - Step 1 <ul style="list-style-type: none">• Completed at home; student requires cognitive and physical rest<ul style="list-style-type: none">- Cognitive Rest includes limiting activities that require concentration and attention (ie. reading, texting, television, computer, video/electronic games)- Physical Rest includes restricting recreational/leisure and competitive physical activities• If symptom free, student may go directly to Return to Learn Step 2b and Return to Physical Activity Step 2
Return to Learn - Step 2a <ul style="list-style-type: none">• Symptoms improving• Return to school with monitored re-integration to classroom and cognitive effort; and Physical Rest
Return to Learn - Step 2b Note: Return to Learn Step 2b and Return to Physical Activity Step 2 occur concurrently <ul style="list-style-type: none">• Symptom free• Returns to regular school routine and learning activities
Return to Physical Activity - Step 2 <ul style="list-style-type: none">• Light aerobic physical activity and regular learning activities
Return to Physical Activity - Step 3 <ul style="list-style-type: none">• Begin sport specific type of physical activity
Return to Physical Activity - Step 4 <ul style="list-style-type: none">• Greater range of physical activity options permitted, but no body contact
Return to Physical Activity - Step 5 <ul style="list-style-type: none">• Full participation in all non-contact type physical activities, and return to training in contact sports
Return to Physical Activity - Step 6 <ul style="list-style-type: none">• Full participation, no restrictions
BUT If after Return to Learn Step 2a concussion symptoms return, the student will return to the designated step as directed by the physician – this may include return to Step 1.