

# RETURN TO LEARN

Pre-K to Grade 12



## Parent Participation

- Provide a written concussion diagnosis by a physician licensed to practice medicine in all its branches in Illinois (MD or DO) or certified athletic trainer (ATC), advanced practice registered nurse (APN), or physician assistant (PA).

## School Participation

- School nurse or athletic trainer to provide "Parent Concussion Packet"
- Teachers will be alerted that student has a concussion diagnosis

**Return to Learn procedure will begin at the appropriate stage outlined by the written diagnosis received.**

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## STAGE 1: HOME - BRAIN REST/ LIGHT MENTAL ACTIVITY

### Parent Participation

- Share any medical provider recommendations to the school team throughout recovery
- Communicate status of symptoms (i.e. lessening or worsening)
- Collaborate with school on appropriate school participation and accommodations

### Suggestions

- Stay at home and assure maximum nighttime sleep
- Reduce mental exertion
- Limit activities that trigger concussion symptoms i.e. video games, computer use, text, television, loud music.
- Find relaxing activities such as reading or drawing
- May participate in light physical activity i.e. brisk walk, if it does not aggravate symptoms
- If an activity triggers symptoms, the activity should be stopped and the student should rest
- Drink fluids/Avoid Caffeine
- No driving



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## STAGE 2: SCHOOL - PART TIME

### Parent Participation

- Assure adequate nighttime sleep
- Resume gradual schedule of activity that does not exacerbate symptoms such as walking and light academic activity
- Share any medical provider recommendations to the school team throughout recovery
- Communicate status of symptoms (i.e. lessening or worsening)
- Collaborate with school on appropriate school participation and accommodations
- Avoid prolonged absences from school: social isolation and absences from school have their own negative consequences
- Reassure child to push through mild symptoms with cognitive activity/homework

### School Participation

- Shortened day
- Rest breaks
- Limited screen time
- Reduce workload i.e. reading, note taking
- Modify Assignments
- No significant assessments/tests
- Allow extra time for work
- As directed by concussion orders, student may gradually participate in non-contact physical activity in a manner that does not exacerbate symptoms (i.e. PE, intramurals, recess)
- Possibly no chorus, band or orchestra
- Symptoms monitored at school through the "Post-concussion Symptoms: Student Self-Assessment"
- Provide emotional and/or organizational support, as needed

### PROGRESSION TO STAGE 3:

Stage 2 participation without worsening current symptoms

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## STAGE 3: SCHOOL - FULL TIME I

### Parent Participation

- Assure adequate nighttime sleep
- Continue to gradually increase the duration and intensity of academic activities as tolerated without exacerbating symptoms.
- Provide medical authorization for physical activity regime, if allowed by medical provider. Otherwise no physical activity. No contact sports allowed at Stage 3
- Share any medical provider recommendations to the school team throughout recovery
- Communicate status of symptoms (i.e. lessening or worsening)
- Collaborate with school on appropriate school participation and accommodations

### School Participation

- Begin incorporating class assessments/tests
- Begin increasing workload towards normal
- May require support in academics/challenging subjects
- As directed by concussion orders, student may gradually participate in non-contact physical activity in a manner that does not exacerbate symptoms (i.e. PE, intramurals, recess)
- No contact sports allowed
- Symptoms may be intermittently monitored at school through the "Post-concussion Symptoms: Student Self-Assessment"
- Provide emotional and/or organizational support, as needed

### PROGRESSION TO STAGE 4:

Stage 3 participation without worsening current symptoms. Physician indicates student is ready to return to Physical Education/Athletics.

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## STAGE 4: SCHOOL - FULL TIME II

### Parent Participation

- Before allowed to return to Physical Education and/or athletics, provide medical clearance (MD/DO, APN, PA, or ATC)
- Provide signed and dated Post Concussion Consent form, to school nurse or athletic trainer

### School Participation

- 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.

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## DIAGNOSIS

### Parent Participation

- Provide a written concussion diagnosis by a physician licensed to practice medicine in all its branches in Illinois (MD or DO) or certified athletic trainer (ATC), APN or PA outlining care and treatment.

### School Participation

- Initiate Return to Learn Procedure

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## FOLLOW STUDENT/ ASSESS SYMPTOMS

- Student checks in with nurse to report and monitor symptoms

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## COMPLETE PAPERWORK

### Parent Participation

- Provide a note from a Physician, Certified Athletic Trainer, Advanced Practice Nurse or Physician Assistant to clear student for Return to Play (School activities and Athletics)
- Sign form: "Post-Concussion Consent Form"
- Return the form to the nurse.

### School Participation

- Nurse shares a copy with Physical Education teacher(s), interscholastic athletic activities sponsors and/or coaches.

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## FULL RETURN TO SCHOOL/ INTERSCHOLASTIC ATHLETIC ACTIVITY

# RETURN TO PLAY

Grades 9-12 Athletes



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## DIAGNOSIS

### Parent Participation

- Provide a written concussion diagnosis by a physician licensed to practice medicine in all its branches in Illinois (MD or DO) or certified athletic trainer (ATC), APN or PA outlining care and treatment.

### School Participation

- ImPACT Post Injury Testing
- Initiate Return to Learn Procedure
- Student to check in with Athletic Trainer to report and monitor symptoms
- A post symptoms: student self assessment checklist will be completed

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## NO SYMPTOMS FOR 48 HOURS

### Parent Participation

- Parent signs and returns to Athletic Trainer "Post-concussion Consent Form"

### School Participation

- Pass ImPACT Post Injury Test (scores returned to baseline status)

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## CONCUSSION RETURN TO PLAY PROCEDURE

- **STEP 1:** 20 minute bike and/or treadmill workout
- **STEP 2:** 20-30 minutes of high intensity bike, treadmill, lunges, plyometrics changing elevation and head positions
- **STEP 3:** Non-contact practice for contact sports
- **STEP 4:** Return to full practice
- **STEP 5:** Return to game

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## FULL RETURN TO ATHLETICS

### School Participation

- Athletic Trainer will communicate that restrictions have been lifted and may return to athletics, physical education, and classes