

# CONCUSSION RETURN TO LEARN FORM



**Concussion Management Team:** Schools should assemble a team consisting of school administrators, teachers, school medical personnel, coaches, community medical providers, and the parent(s) to work together in facilitating a safe and healthy return to the classroom for the student. There should be a **concussion management team leader identified** in the school who ensures effective communication amongst all stakeholders throughout this process.

**TO BE COMPLETED PRIOR TO MEDICAL EXAM:**

Student's Name: \_\_\_\_\_ School: \_\_\_\_\_

Date of Injury: \_\_\_\_\_

Referring Athletic Trainer/School Medical Personnel: \_\_\_\_\_ Phone: \_\_\_\_\_

Athletic Trainer/School Medical Personnel Notes for Healthcare Provider:

**TO BE COMPLETED BY HEALTHCARE PROVIDER:**

Date of Evaluation: \_\_\_\_\_

The chart below represents a general strategy for students returning to school who may not be able to handle all school demands after suffering a concussion. **Not all students who suffer a concussion will need to follow this chart, as many will return to learning with little or no difficulty.**

**RETURN TO LEARN STRATEGY**

Step	Activity
1	<b>STUDENT MAY BE EXCUSED FROM SCHOOL:</b> Daily activities that do not result in more than a mild exacerbation of symptoms*. E.g., reading while minimizing screen time. Start with 5-15 minutes at a time and increase as tolerated. Progress to school activities at home such as homework, reading, or other cognitive activities outside the classroom.
2	<b>RETURN TO SCHOOL PART-TIME:</b> Return to school part-time with a gradual introduction of schoolwork. May need to start with a partial day or take several breaks throughout the day. <i>See specific accommodations/instructions below.</i>
3	<b>RETURN TO SCHOOL FULL-TIME:</b> Return to school full-time with a gradual progression in school activities until a full day can be tolerated. <i>See specific accommodations/instructions below</i>
4	<b>NORMAL SCHOOL ATTENDANCE:</b> Student may fully participate in normal classroom activities without accommodations. <b>Students should be fully integrated back into the classroom before they return to full sports participation.</b>

- Students may progress through each step provided there is no more than a mild and brief exacerbation of symptoms\*
- Students should be able to handle normal school/academic requirements before they are cleared for unrestricted sports participation.

\*Mild and brief exacerbation of symptoms (i.e., an increase of no more than 2 points on a 0-10 scale for less than an hour when compared with the baseline value reported prior to physical activity.

**Potential School Accommodations:**

- |   |   |
|---|---|
| <input type="checkbox"/> Rest breaks as needed<br><input type="checkbox"/> Eliminate or limit screen time/reduce brightness<br><input type="checkbox"/> Allow student to wear sunglasses/hat<br><input type="checkbox"/> Provide quiet space for student/reduce exposure to noisy areas | <input type="checkbox"/> Extra time for homework/assignments<br><input type="checkbox"/> Provide class notes for student<br><input type="checkbox"/> Delay exams/allow extra time to complete |
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**Restrict participation in the following:**

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|---|--|
| <input type="checkbox"/> PE Class (allow walking only)<br><input type="checkbox"/> Weightlifting<br><input type="checkbox"/> Band/Music | <input type="checkbox"/> Debate/Forensics<br><input type="checkbox"/> Shop Classes |
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**Please consider utilizing any/all other academic modifications needed by the student based on the academic class.**

Additional Accommodations/Instructions: \_\_\_\_\_

Healthcare Provider Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_