

Home Concussion Management

Home Concussion Management – Stages 1 and 2

The Home Concussion Management for a concussion begins once the student is diagnosed with a concussion (**Return to Learn (RTL) – Stage 1** and **Return to Physical Activity (RTPA) – Stage 1**) and continues until the parents/guardians determine the student is ready to return to school. A student should be encouraged to **Return to School** as soon as they can tolerate the school environment even if they are not symptom-free. (This can be as early as **Stage 2** and should not be later than **Stage 3**.)

Parents/guardians monitor these stages in consultation (where applicable) with the medical doctor/nurse practitioner and/or other licenced healthcare providers.

While the Student is at Home

Role of principal/designate:

Provide parents/guardians with information regarding Home Concussion Management. (Refer to school board approved tools or use [Return to School Plan: Information for Parents/Guardians](#), [Sample Return to School Plan – Stages 1 to 3 Form](#).)

Transition Between the Home and School

The parents/guardians will communicate to the school principal/designate that the student is ready to return to school.

Role of principal/designate:

- Schedule a meeting with members of the Collaborative Team.

- At the beginning of the school year the principal/designate may identify school staff who may be part of the school's Collaborative Team.
- Communicate the purpose of the meeting and the roles and responsibilities of each member.
- Share with parents/guardians information that outlines their roles and responsibilities during the School Concussion Management process using school-board-approved resources or the [Return to School Plan: Information for Parents/Guardians](#).

Collaborative Team

A student's Return to School Plan following a concussion should be developed using a collaborative approach. Coordinated communication among all members of the Collaborative Team ensures individualized supports and accommodations are in place to promote a smooth and optimal recovery (Purcell et al., 2019).

Role of the Collaborative Team:

- Support the successful transition from Home Concussion Management to School Concussion Management.
- Monitor, track, and support a student's progress through the Return to Learn and Return to Physical Activity plans while at school.

The Collaborative Team includes:

- the principal/designate;
- a designated staff lead (e.g., teacher, collaborative team lead, school principal) who serves as the main point of contact between the school, the parents/guardians, the student and other school staff/volunteers who work with the student;
- the parents/guardians and student (as appropriate);
- members of the school staff (e.g., special education teachers, student success/guidance teachers); and
- additional members (as appropriate).

Role of the designated staff lead:

- Monitor and track the student's progress through the RTL and RTPA Stages.
- Facilitate ongoing communication with the parents/guardians.

Role of the principal/designate (during Collaborative Team meetings):

- Introduce the members of the Collaborative Team, clarify their roles and responsibilities.
- Review the status of the student's progress within the [Sample Return to School Plan – Stages 1 to 3 Form](#) and outline information about the stages and activities to come (e.g., [Sample Return to School Plan – Stages 4 to 6 Form](#).)
- Identify any potential barriers to the successful return to school (e.g., symptoms that the student may still be experiencing) and the potential strategies and/or accommodations that may support them.
(Refer to school-board-approved resources or use the [Sample Concussion Symptom Awareness Tool](#) and [Sample Strategies and/or Approaches for Students](#).)

Reference

Purcell, L. K., Davis, G. A., & Gioia, G. A. (2019). What factors must be considered in 'return to school' following concussion and what strategies or accommodations should be followed? *British Journal of Sports Medicine*, 53(4), 250. <https://doi.org/10.1136/bjsports-2017-097853>