Student: CONCUSSION DIAGNOSED

Principal/designate:

Informs appropriate school staff of the diagnosis, and meets with parent/guardian to provide and explain the Home Preparation for RTS and RTPA Plan (Appendix C-4)

Home Preparation for Return to School (RTS) and Return to Physical Activity (RTPA) Plan (Appendix C-4) completed at home

Parent/guardian:

Reports to principal/designate that student has completed:

- Stage 2 RTS
- Stage 2b RTPA

Student returns to school to begin the School Concussion Management Plan -Return to School (RTS) and Return to Physical Activity (RTPA) Plan (Appendix C-5) completed at school

Principal/designate:

Meets with parent/guardian to: provide and explain the purpose of Appendix C-5, explain the Collaborative Team approach and their role on the team

Student:

Returns to School
Student conference to develop RTS and RTPA Plan

At the completion of each stage student progress is documented with results shared between school and home.

Parent/guardian confirms completion of each stage by returning C-5 with a signature. At each stage student is monitored for return of symptoms, new and worsening symptoms. **During RTS Stages 1-4b** and RTPA 1-4, if the student exhibits/reports return of symptoms or new symptoms student must return to the previous stage for a minimum of 24 hours. If during any Stage the student exhibits or reports worsening symptoms, student must return to medical doctor/nurse practitioner.

Return to School -Stage 3a

Student: attends school (2 hours) with adaptations of learning strategies and/or approaches

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Return to School -Stage 3b

Student: attends school (half time) with moderate workload



Return to School Stage 4a

Student: attends full day school with adaptations of learning strategies and/or approaches



Return to School -Stage 4b

Student: attends full day school without adaptations of learning strategies and/or approaches

RTS - Complete

During RTPA Stages 5 and 6, if student

symptoms the student must obtain Medical

exhibits a return of symptoms or new

Clearance reassessment

Return to Physical Activity - Stage 3

Student: simple locomotor activities/sport-specific exercise to add movement



Student: increase physical activity, non-contact training drills to add coordination and increase thinking

Collaborative Team Lead/Designate:

Report to parent/guardian completion of Stage 4b RTS and Stage 4 RTPA and provides Sample Documentation for Medical Clearance (e.g., Appendix C-6)

Parent/guardian:

Provides principal with signed Medical Clearance (e.g., Appendix C-6)

Return to Physical Activity -Stage 5

Student: full participation in physical activities (physical education, intramurals, noncontact interschool sports) and full contact training/practice in contact sports



Return to Physical Activity -Stage 6

Student: unrestricted return to contact sports

RTPA - Complete



