

## APPENDIX C - Return to Learn/Return to Physical Activity Plan

Student Name \_\_\_\_\_ Start Date \_\_\_\_\_

**If at any time during the following stages of the Plan, signs and/or symptoms of a concussion return, an examination of the student by a medical doctor/nurse practitioner is recommended. The student will resume the plan at an appropriate stage as needed.**

Each stage must take a minimum of 24 hours and a student must be symptom free to proceed to the next stage.

Stage	Stage Description	Date Completed	Parent Initials	Student Initials	Notes
1. Total Rest at Home	Cognitive (limiting reading, texting, TV, music, etc) and physical rest (no recreational & competitive activities)  Concussion symptoms have shown improvement – go to Stage 2a  Concussion symptoms are no longer present – go to Stage 2b				
2a. Return to Learn with Accommodations	Student returns to school and receives individualized classroom strategies which gradually increase cognitive load. Physical rest continues.  No return of symptoms				
2b. Return to Learn	Student returns to school and regular learning activities with no individualized strategies. Physical rest continues.  No return of symptoms				
<p><b>A student not involved in any physical activities at school may end the plan after 2b.</b></p> <p>Parent/guardian and student initial here to close the plan after 2b.</p> <p>Otherwise the student progresses through the rest of the stages to return to full physical activity. </p>					

Stage	Stage Description	Date Completed	Parent Initials	Student Initials	Notes
3. Return to Light Physical Activity	Student returns to light aerobic activity (walking, swimming etc.) keeping heart rate at 70% or less. No weight training/drills or contact.  No return of symptoms				
4. Return to Individual Sport Specific Physical Activity	Student returns to individual sport specific activities (shooting drill in basketball, skating drill in hockey etc). No weight training/drills or contact.  No return of symptoms				
5. Return to Non-Contact Practice	Student returns to activities where there is no body contact (badminton, dance etc) and non-contact practices and progressions of skills (passing drill in hockey). Weight training may be started.  No return of symptoms				
Medical Examination	Prior to returning to physical activities with contact, it is recommended that a student have a medical exam to confirm the student is ready for physical activities that involve contact.				
6. Return to Physical Activity with Contact	Student returns to regular participation in all physical education classes and full training/practices for contact sports. No competition.  No return of symptoms				
7. Return to Competition	Student returns to full participation in all sports including contact sports and all competitions.  No return of symptoms				