

Documentation for a Diagnosed Concussion

Return-to-School Strategy

This form is to be used by parents/guardians and schools to communicate the recovery progress of a student with a diagnosed concussion. This completed form must be copied, with the original filed and the copy provided to the parent/guardian.

Each stage of the **Return-to-School Strategy** must last at least 24 hours. **If symptoms reappear or if the student is unable to tolerate the suggested activities at any specific stage, they should return to the previous stage for at least 24 hours.** The student may need to move back a stage more than once during the recovery process.

Date of the incident _____ Date of the diagnosis _____

Rest

- This step is to be completed at home.
- Rest is for 24-48 hours maximum.
- **Cognitive Rest** – includes avoiding all activities that require concentration and attention. (e.g., reading, texting, television, computer, video/electronic games).
- **Physical Rest** – includes avoiding participation in activities that require physical effort (e.g., training, sports, recreational activities).
- **Social Rest** – includes limiting social interactions that may elicit or worsen anxiety, nervousness, irritability, etc.
- Reminder: The parent/guardian must inform the school administration/designate of the results of the medical examination.
- Student's symptoms has been sufficiently improving within a 24 hour period and will proceed to Stage A – Daily Activities at Home.*
- Student has been resting at home for a maximum of two days and will proceed to Stage A – Daily Activities at Home.*

STAGE A - Daily Activities at Home

Date _____

- The student may gradually increase cognitive activity up to 30 minutes. Take breaks as necessary. (e.g. reading, crossword puzzles, crafts, drawing, basic board games, etc.).
- Student can tolerate 30 minutes of cognitive activity without a break. Student will proceed to Stage B - School Work at Home.*

Date _____

STAGE B – School Work at Home

- Gradually increase the duration and/or the number of the cognitive activities as tolerated (e.g. two 30 minute sessions or four 15 minute sessions).
- Parent/guardian should contact the school principal/designate to discuss a plan to return to school.
- Student can return to school part-time with accommodations and length of time based on symptoms. Following the advice of a healthcare professional, the student must proceed to Stage C – Back to School Part-time as an Observer.*
- Student can return to school part-time with accommodations and length of time based on symptoms. Unless advised otherwise, the student will proceed directly to Stage D – Return to School Part-time.*

Date _____

Please provide a copy of this form to the school administration/designate once the student returns to school.

Parent/guardian signature _____ Date _____

STAGE C – Back to School Part-time as an Observer

- The student may return to school part-time as an observer.
- In the classroom, the student requires maximum usage of learning accommodations which will allow for a gradual increase in cognitive activity (e.g. avoiding noisy locations, modifying the lighting, repeating instructions, etc.).
- No music class, classroom evaluations or homework.
- Student can tolerate a half-day of cognitive activity at school as an observer during 30-45 minute sessions and will proceed to Stage D – Return to School Part-time.*

Date _____

STAGE D – Return to School Part-time

- Half a day at school with a gradual reintroduction of learning activities.
- Requires a moderate usage of personalized accommodations for a return to learn as tolerated (start with 45 minute sessions, reduce the student's workload, extend deadlines to complete assignments, divide assignments into smaller parts).
- Build to 30 minutes of homework per day as tolerated.
- Student can tolerate a half-day of cognitive activities at school during 45-60 minute sessions. Following the advice of a healthcare professional, the student must proceed to Stage E – Gradual Elimination of Accommodations.*
- Student can tolerate a half-day of cognitive activities at school during 45-60 minute sessions. Unless advised otherwise the student will proceed directly to Stage F – Return to School Full-time.*

Date _____

STAGE E – Gradual Elimination of Accommodations

- Full day at school with minimal usage of learning accommodations.
- Adapted classroom evaluations are permitted.
- Build to 1 hour of homework per day as tolerated.
- Student can tolerate school full-time with no learning accommodations. Student will proceed to Stage F – Return to School Full-time.*

Date _____

STAGE F – Return to School Full-time

- Student returns to regular learning activities at school without any accommodations.
- Student can tolerate their full academic workload at school and at home. Student may proceed with efforts to complete any remaining stages of their Return-to-Sport/Physical Activity Strategy.*

Date _____

CONFIRMATION OF MEDICAL SUPERVISION

As a parent/guardian, I recognize that my child will not be able to fully participate in regular physical education class, intramural activities and/or interschool activities which involve full contact practice or non-contact game play without having informed the school of the results from the medical examination.

Parent/Guardian signature _____ Date _____