

Appendix C-3a: Home Concussion Management Form - Return to School Plan - Initial Rest - Stage 2

This form is to be used by parents/guardians to document the student's progression through Steps 1 and 2 of the Return to Learn (RTL) and Return to Physical Activity (RTPA) plans. The RTL and RTPA plans are inter-related however, they are not interdependent. A student's progress through the stages of RTL is independent from their progression through the RTPA stages. Different students will progress at different rates.

- The stages of the plan occur at home under the supervision of the parent/guardian in consultation with the medical doctor/nurse practitioner and/or other licensed healthcare providers.
- A student moves forward to the next stage when activities at the current stage are tolerated and the student has not exhibited or reported a return of symptoms, new symptoms, or worsening symptoms
- If symptoms return, or new symptoms appear during stages 1 and 2 of the Return to Learn (RTL) and Return to Physical Activity (RTPA) plans, the student returns to the previous stage for a minimum of 24 hours and only participates in the activities that can be tolerated.
- If at any time the symptoms worsen, the student/parent/guardian contact the medical doctor/nurse practitioner or seek medical help immediately.
- While the RTL and RTPA stages are inter-related, they are not interdependent. Students do not have to go through the same states of the RTL and RTPA at the same time. However, before a student can return to school, they must have completed RTL Stage 2 and RTPA Stage 2b.
- A student must not return to vigorous or organized physical activities where the risk of re-injury is possible, until they have successfully completed all stages of the Return to School plan. However, early introduction to some low intensity physical activity in controlled and predictable environments with no risk of re-injury is appropriate.
- This plan does not replace medical advice
- Progression through the plan is individual, timelines and activities may vary

Instructions for the Home Concussion Management Form (Return to School Plan)

- Review the activities (permitted and not permitted) at each stage prior to beginning the plan.
- Check the boxes at the completion of each stage to record student's progress through the stages.
- When the student has successfully completed stages 1 and 2 of the Concussion Return to School Plan for RTL and RTPA, parent/guardian must sign and date this form.
- Communicate to the school principal/designate that the student is ready to begin the school portion of the RTL and RTPA plan.

Student Name: _____

Date: _____

Return to Learning (RTL)

Each stage must last a minimum of 24 hours.

Initial Rest - Return to Learning

- 24-48 hours of relative cognitive rest:

Activities Permitted at this Stage	Activities Not Permitted at this Stage
Short board/card games Short phone calls Photography (with a camera) Crafts	TV Technology use (for example, computer, laptop, tablet, iPad, cell phone) Video games Reading Attendance at school or school-type work

The student moves to Stage 1 when symptoms start to improve or after resting 2 days maximum (whichever occurs first)

Stage 1 - Return to Learning

- Light cognitive (thinking/memory/knowledge) activities
- Gradually increase cognitive activity up to 30 minutes. Take frequent breaks.

Activities Permitted at this Stage	Activities Not Permitted at this Stage
Activities from previous stage Easy reading (for example, books, magazines, newspaper) Limited TV Limited cellphone conversations Drawing/building blocks/puzzles Some contact with friends	Technology use (for example, computer, laptop, tablet, cell phone) Attendance at school or school type work

The student moves to Stage 2 when:

- The student tolerates 30 minutes of light cognitive activity (for example a student should be able to complete 3-4 of the permitted activities listed above) and has not exhibited or reported a return of symptoms, or worsening symptoms.
- The student has completed a minimum of 24 hours at Stage 1

However:

- The student must return to the previous stage for a minimum of 24 hours when they have exhibited or reported a return of symptoms, or new symptoms.
- The student must return to a medical doctor or nurse practitioner when they have exhibited or reported a worsening of symptoms.

Stage 2 - Return to Learning

Gradually add cognitive activity (as per activities permitted). When light cognitive activity is tolerated, introduce school work (at home and facilitated by the school).

Activities Permitted at this Stage	Activities Not Permitted at this Stage
Activities from previous stage. School-type work in 30-minute increments. Crosswords, word puzzles, Sudoku, word search Limited technology use (for example, computer, laptop, tablet, cell phone (for example, texting/games/photography)) starting with shorter periods and building up as tolerated.	School attendance

The student moves to Stage 3a when:

- The student tolerates the additional cognitive activity (for example, a student would be able to complete 3-4 of the activities permitted) and has not exhibited or reported a return of symptoms, new symptoms or worsening symptoms.
- The student has completed a minimum of 24 hours at Stage 2.

However:

- The student must return to the previous stage for a minimum of 24 hours when they have exhibited or reported a return of symptoms, or new symptoms.
- The student must return to a medical doctor or nurse practitioner when they have exhibited or reported a worsening of symptoms.

Return to Physical Activity (RTPA)

Each stage must last a minimum of 24 hours.

Initial Rest - Return to Physical Activity

24 – 48 hours of relative physical rest.

Activities Permitted at this Stage	Activities Not Permitted at this Stage
Limited movement that does not increase heart rate or break a sweat Moving to various locations in the home Daily hygiene activities	Physical exertion (increases breathing and heart rate and sweating) Stair climbing other than to move locations throughout the home Sports/sporting activity

The student moves to Stage 1 when symptoms start to improve or after resting 2 days maximum (whichever comes first).

Stage 1 - Return to Physical Activity

Light physical activities (as per activities permitted) that do not provoke symptoms.

Movements that can be done with little effort (do not increase breathing and/or heart rate or break a sweat).

Activities Permitted at this Stage	Activities Not Permitted at this Stage
Daily household tasks (for example, bed-making, dishes, feeding pets, meal preparation)	Physical exertion (increases breathing and heart rate and sweating)
Slow walking for short time	Sports/sporting activity
	Stair climbing, other than to move locations throughout the home

The student moves to Stage 2a when:

- The student tolerates light physical activities (completes both activities from Stage 1) and has not exhibited or reported a return of symptoms, new symptoms, or worsening symptoms.
- The student has completed a minimum of 24 hours at Stage 1.

However:

- The student must return to the previous stage for a minimum of 24 hours when they have exhibited or reported a return of symptoms, or new symptoms.
- The student must return to a medical doctor or nurse practitioner when they have exhibited or reported a worsening of symptoms.

Stage 2a - Return to Physical Activity

Daily activities that do not provoke symptoms.

Add additional movements that do not increase breathing and/or heart rate or break a sweat.

Activities Permitted at this Stage	Activities Not Permitted at this Stage
Activities from previous stage	Physical exertion (increases breathing and/or heart rate and sweating)
Light physical activity (for example, use of stairs)	Sports
10-15 minutes slow walking 1-2x per day inside and outside (weather permitting)	

The student moves to Stage 2b when:

- The student tolerates daily physical activities (completes activities permitted in Stage 2a) and has not exhibited or reported a return of symptoms, new symptoms, or worsening symptoms.
- The student has completed a minimum of 24 hours at Stage 2a.

However:

- The student must return to the previous stage for a minimum of 24 hours when they have exhibited or reported a return of symptoms, or new symptoms.
- The student must return to a medical doctor or nurse practitioner when they have exhibited or reported a worsening of symptoms.

Stage 2b - Return to Physical Activity

Light aerobic activity

Activities Permitted at this Stage	Activities Not Permitted at this Stage
Activities from previous stage 20-30 minutes walking/stationary cycling/recreational (that is, at a pace that causes some increase in breathing/heart rate but not enough to prevent a student from carrying on a conversation comfortably)	Resistance or weight training Physical activities with others Physical activities using equipment

The student moves to Stage 3 when:

- The student tolerates light aerobic activities (completes activities permitted from Stage 2b) and has not exhibited or reported a return of symptoms, new symptoms, or worsening symptoms
- The student has completed a minimum of 24 hours at Stage 2b.

However:

- The student must return to the previous stage for a minimum of 24 hours when they have exhibited or reported a return of symptoms, or new symptoms.
- The student must return to a medical doctor or nurse practitioner when they have exhibited or reported a worsening of symptoms.

Parent/Guardian

My child/ward has successfully completed the stages of Initial Rest to Stage 2 of the Concussion Management Plan for the Return to School and the stages of Initial Rest to Stage 2b of the Concussion Management Plan for Return to Physical Activity and is ready to return to school.

Parent Signature: _____

Date: _____

Comments: