

## Summary of Plan for Return to Learn/Return to Physical Activity

- The Return to Learn / Return to Physical Activity Plan is a collaborative effort between home and school to support the student's progress through the plan following a diagnosed concussion. The 6 Step Plan is necessary and identifies the sequence of supporting return to normal learning and physical activity.
- A minimum of 24 hours is necessary for EACH step.
- Please contact the school if you have any questions about the following.

SUMMARY OF STEPS
<p><b>Return to Learn/Return to Physical Activity – Step 1</b></p> <ul style="list-style-type: none"> <li>• Completed at home; student requires cognitive <b>and</b> physical rest</li> <li>• If symptom free, student may go directly to Return to Learn Step 2b and Return to Physical Activity Step 2</li> </ul>
<p><b>Return to Learn – Step 2a</b></p> <ul style="list-style-type: none"> <li>• Symptoms improving</li> <li>• Return to school with monitored re-integration to classroom and cognitive effort; and Physical Rest</li> </ul>
<p><b>Return to Learn – Step 2b</b> <i>Note: Return to Learn Step 2b and Return to Physical Activity Step 2 occur concurrently</i></p> <ul style="list-style-type: none"> <li>• Symptom free</li> <li>• Return to regular school routine and learning activities</li> </ul>
<p><b>Return to Physical Activity – Step 2</b></p> <ul style="list-style-type: none"> <li>• Light aerobic physical activity and regular learning activities</li> </ul>
<p><b>Return to Physical Activity – Step 3</b></p> <ul style="list-style-type: none"> <li>• Begin sport specific type of physical activities</li> </ul>
<p><b>Return to Physical Activity – Step 4</b></p> <ul style="list-style-type: none"> <li>• Greater range of physical activity options permitted, but no body contact</li> </ul>
<p><b>Return to Physical Activity – Step 5</b></p> <ul style="list-style-type: none"> <li>• Full participation in all non-contact type physical activities, and return to training in contact sports</li> </ul>
<p><b>Return to Physical Activity – Step 6</b></p> <ul style="list-style-type: none"> <li>• Full participation, no restrictions</li> </ul>
<p><b>BUT</b> If after Return to Learn Step 2a, concussion symptoms return, the student will return to the designated step as directed by the physician – this may include return to step 1.</p>