

CONCUSSION MANAGEMENT: Return-to-Learn Protocol

In case of a student suffers a concussion during participation in extracurricular activities, the concussion management will be broken into two steps: Return-to-Learn (RTL) and Return-to-Play (RTP). The following RTL protocol will be utilized during the recovery of the student and impacts the student's participation in the classroom.. This protocol outlines the communication steps, progression of the recovery for the student through four stages, and possible academic accommodations made by teachers in each stage.

Communicating the Occurrence of a Concussion

- If the Sportsology staff is present, the Sportsology staff sends a report to the athletic director, athletic secretary, and school nurse.
- If the Sportsology staff is not present, the coach fills out an a potential concussion notice form and submits the notice to the athletic director, athletic secretary, and school nurse.
- If the student brings a note from a doctor documenting a concussion, the attendance secretary will report the name of the concussed student to the athletic director, athletic secretary and school nurse.
- The athletic director, athletic secretary or principal will communicate to the student's teachers that a student is in the RTL protocol.

STAGE 1: Complete Physical and Cognitive rest until Medical Clearance (School Nurse/Athletic Trainer or MD)

- No school attendance
- Strict limits on technology (no tv, phone, computer)
- REST

STAGE 2: Return to school with Academic Accommodations (with Medical Clearance from School Nurse)

- The student must meet with the nurse at the beginning and end of the school day. The nurse continues to monitor the symptoms throughout the day.
- Notify teachers that the student is in the RTL protocol and may need accommodations
- Attend school; limit to half days if necessary. Return to academics part-time with maximum accommodations.
- Continue limits on technology.
- No tests and no participation in PE, band, chorus, or vocational classes involving power tools/heavy machinery
- Continued REST at home after school attendance

STAGE 3: Continue Academic Accommodations

- The student must meet with the nurse at the beginning and end of the school day. If necessary, the nurse continues to monitor the symptoms throughout the day.
- Return to academics part-time with moderate accommodations
- Increase classroom workload gradually (testing, homework)
- Light to moderate lifting/resistance training in P.E., limited participation in band and/or chorus, and limited use of power tools/heavy machinery
- The student may meet with a Sportsology Athletic Trainer to start RTP protocol
- Continued REST at home after school attendance

STAGE 4: Full Recovery to Academics

- Check in with school nurse before the school day begins
- Attend school full-time
- Self-advocate at school (meet due dates, etc)
- Resume normal activities
- If not started during Stage 3, initiate the RTP protocol with a Sportsology Athletic Trainer

With this stepwise progression, the athlete will continue to proceed to the next level if asymptomatic at the current level. If any post concussion symptoms occur, the patient should drop back to the previous asymptomatic level and try to progress again after 24 hours.