



# Steps and Responsibilities for Return to Learn/Return to Physical Activity

**Principal:** Informs school staff of concussion and establishes collaborative team identifying school staff lead [Concussion Liaison/SERTs/Classroom teacher(s)] to plan for gradual Return to Learn: **Step 2a and 2b Return to Learn/Return to Physical Activity (Appendix C)** and academic accommodation strategies

**Student: Complete cognitive and physical rest** Return to Learn/Return to Physical Activity: **Step 1 (Home)**  
Student remains at home until acute symptoms improve or student is without symptoms

**Parent/Guardian:** Report back to school Principal using *Documentation for a Diagnosed Concussion: Return to Learn/Return to Physical Activity Plan (Appendix C) Step 1 (Home)*

## Documents Supplied to Parent/Guardian

## Documents for Principals/School

Symptoms Are Improving

Symptoms Are Improving

**Student: Return to Learn Step 2a (school)** Student returns to school with mild symptoms. Student requires individualized classroom accommodations prepared by school Principal, Concussion Liaison SERTs and classroom teacher(s) and reviewed with parent/guardian. **Student remains in Step 2a (Appendix C) until asymptomatic.**

Symptom Free

Symptom Free

**Student: Return to Learn: Full Integration of Instructional Day Step 2b Appendix C (school):** Student begins regular learning activities

**Student: Return to Physical Activity: Step 2 Appendix C (home)** Individual light aerobic physical activity only

**Parent/Guardian:** Report back to school Principal using Appendix C Step 2a

**Student: Return to Physical Activity: Step 3 (School):** Individual sport specific activity only

**Parent/Guardian:** Report back to school Principal using Appendix C Step 2b/Step 2

**Student: Return to Physical Activity: Step 4 (School):** Activity with **NO** body contact.

**Parent/Guardian:** Report back to school Principal/ designate/concussion liaison: include written documentation from medical doctor or nurse practitioner to indicate the student remains symptom free and is able to return to full participation using Appendix C Step 4

**Student: Return to Physical Activity: Step 5 (School):** Full participation in non-contact sports. Full training in all sports.

**Student: Return to Physical Activity: Step 6 (School):** Full participation and contact in all physical activity.

**Teacher/SERT/Coach:** Inform parent of completion of Step 4 using Appendix C STEP 4

If at any time concussion signs and/or symptoms and/or deterioration of work habits occurs from step 2a through to step 6, the student must be examined by a medical doctor and/or nurse practitioner who will determine which step the student must return to using Appendix C

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