



Request to Resume Academic (Return to Learn) and/or Physical Activities Due to Concussion Related Injuries Form

The following student is suspected of having a concussion. He/She must seek a diagnosis from a medical doctor or nurse practitioner before resuming physical activities. If diagnosed as having a concussion, progression through Steps 1-6 (Guidelines For Students Recovering From A Concussion- see page 3 attached), including a second examination by a medical doctor or nurse practitioner is required prior to resuming full physical activities.

Student and Incident Information

(To be filled out by the school in a timely fashion. **The student's medical needs are priority**).

School:	
Student Name:	Date of Birth (Month-Day-Year):
Date of Incident:	Time of Incident:
Location of Incident:	
Description of Incident/Circumstances Causing Suspected Concussion: If there is a loss of consciousness initiate the Emergency Action Plan and call 911 (see Concussion Tool). Assume a possible neck injury, and, only if trained, immobilize the student before EMS arrives. Do not move the student or remove athletic equipment; wait for EMS to arrive.	
Description of Symptoms:	
Principal Signature:	Date:

Note A: Completed copy of above is stored in student's OSR and one copy given to parent/guardian.

Medical Doctor Visit #1

Note to medical doctor or nurse practitioner: Please indicate and sign the box on the left (no concussion) or right (concussion).

<p>No concussion – student may return to:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Regular physical education classes <input type="checkbox"/> Intramural activities/clubs <input type="checkbox"/> Interschool sport activities <p>Medical doctor or nurse practitioner:</p> <p>Signature: _____</p> <p>Date: _____</p>	<p>Concussion – no activity until symptoms and signs have gone.</p> <p>Student is to complete Steps 1-6 as noted on the Guidelines For Students Recovering From a Concussion, on the following page. Medical doctor or Nurse practitioner signature required below and following page</p> <p>Medical doctor or nurse practitioner:</p> <p>Signature: _____</p> <p>Date: _____</p>
<p>Medical doctor or nurse practitioner’s instructions:</p>	<p>Medical doctor or nurse practitioner’s instructions:</p>

Note B: The student/parent/guardian must show this form to the principal, who will inform all teaching staff of the school and provide a copy of this form to the student’s classroom teachers, coaches and other relevant personnel. This form signed by medical doctor or nurse practitioner is to be filed in the student’s OSR.

Note C: If concussion is diagnosed the student and parents/guardians monitor symptoms and signs of the concussion. Ongoing communication between the teacher/coach throughout Steps 1-6 (on the following page) is essential.

This completed form is to be kept in the student’s OSR



Guidelines for Students Recovering from a Concussion

It is important for students to be active and play sports. However, a student with a diagnosed concussion needs to follow a medically supervised, individualized Return to Learn/Return to Physical Activity Plan.

Return to Learn and Return to Physical Activity

Step 1 for a student with a diagnosed concussion is the same for Return to Learn and Return to Physical Activity.

Step 1 – Rest, with limited cognitive and physical activity. This means limited TV, computer, texting, video games or reading. The student does not attend school during Step 1. Step 1 continues for a minimum of **24 hours** and until the student's symptoms/signs begin to improve or the student is symptom/sign-free.

Return to Learn

The Return to Learn process is individualized and gradual to meet the particular needs of the student. There is no present formula for developing strategies to assist a student with a concussion to return to his/her learning activities.

Step 2A (symptoms improving) – During this step, the student requires individualized classroom strategies and/or approaches to return to full learning activities – these will need to be adjusted as recovery occurs.

At this step, the student's cognitive activity should be increased slowly (both at school and at home) because the concussion may affect his/her academic performance. Note: Cognitive activities can cause a student's concussion symptoms to reappear or worsen.

Step 2B (symptom-free) – Student begins regular learning activities without any individualized classroom strategies and/or approaches. Even when students are symptom-free, they should continue to be closely monitored to see if symptoms/signs return and/or there is a deterioration of work habits or performance. Note: This step occurs at the same time as Step 2 – Return to Physical Activity. Some students may progress from Step 1 directly to Step 2B if they are symptom-free.

Return to Physical Activity

Step 2 – Individual, light aerobic physical activity only such as walking or stationary cycling.

Step 3 – Individual activity related to specific sports, e.g., skating in hockey, running in soccer. No body contact.

Step 4 – Activities where there is no body contact, such as progressive resistance training, non-contact practice and progression to more complex training drills, e.g., passing drills in football and ice hockey.

Note: Medical doctor or nurse practitioner signature required here before proceeding to Step 5.

Signature: _____ **Date:** _____

Step 5 – Full participation in regular physical activity in non-contact sports following medical clearance. Full training/practice for contact sports

Step 6 – Full participation in contact sports.

Note: Steps are not days. Each step must take a minimum of 24 hours and the length of time needed to complete each step will vary based on the severity of the concussion and the child/youth.

If at any time concussion signs and/or symptoms return and/or deterioration of work habits or performance occurs, the student needs to be examined by a medical doctor or nurse practitioner.

For more information on concussions visit:

1. Concussions Ontario: www.concussionsontario.org
2. OPHEA: <http://safety.ophea.net>
3. Parachute: www.parachutecanada.org/active-and-safe
4. <http://www.youtube.com/parachutecanada>
5. Ontario Government: www.ontario.ca/concussions
6. Sport Concussion Assessment Tool – 3rd Edition for Use by Medical Professionals only
<http://www.sportsconcussion.com>
7. Ontario Neurotrauma Foundation (O.N.F.) – Concussion Tool (used by permission and obtained from Coordinator of the Acquired Brain Injury unit of the O.N.F. May 2, 2014)

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Developed based on tools in the literature including the International Consensus Statement on Concussion in Sport (2013) and the ThinkFirst concussion tool.

This tool has been reviewed by the Parachute/ThinkFirst Canada Concussion Education and Awareness Committee and the Recognition and Awareness Working Group, part of the mTBI/Concussion Strategy, of the Ontario Neurotrauma Foundation who funded the development of this tool.

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