

Administrative Procedure 319 – Appendix G

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
Return to Learn/Return to Physical Activity – Step 1 • Completed at home; student requires cognitive and physical rest • If symptom free, student may go directly to Return to Learn Step 2b and Return to Physical Activity Step 2
Return to Learn – Step 2a • Symptoms improving • Return to school with monitored re-integration to classroom and cognitive effort; and Physical Rest
Return to Learn – Step 2b <i>Note: Return to Learn Step 2b and Return to Physical Activity Step 2 occur concurrently</i> • Symptom free • Return to regular school routine and learning activities
Return to Physical Activity – Step 2 • Light aerobic physical activity and regular learning activities
Return to Physical Activity – Step 3 • Begin sport specific type of physical activities
Return to Physical Activity – Step 4 • Greater range of physical activity options permitted, but no body contact
Return to Physical Activity – Step 5 • Full participation in all non-contact type physical activities, and return to training in contact sports
Return to Physical Activity – Step 6 • Full participation, no restrictions
BUT 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.