

Protocol	Return to Learn			Return to Play				
Phase	<u>Phase 1</u> Complete Cognitive and Physical Rest	<u>Phase 2</u> Individualized Accommodations	<u>Phase 3</u> Transition Back to Full Academic Load	<u>Phase 1</u> Light Aerobic Exercise	<u>Phase 2</u> Sport Specific Exercise	<u>Phase 3</u> Non-Contact Training Drills	<u>Phase 4</u> Full Contact Practice	<u>Phase 5</u> Return to Full Competition
Objective	Initial recovery period to rest brain and not worsen symptoms.  Attain <u>Post-Con Consent Form</u> AND physician script from student/parent.	Transition back to school with gradual reintroduction of cognitive activity by limiting amount, length and difficulty of academic requirements to the extent manageable.	Fully transitioned back into full school day with gradual removal of accommodations when symptoms are not triggered.	Begin transition back to physical activity by increasing heart rate via walking or stationary aerobic activity.	Add basic movements and limited drills specific to sport to gage level of cognitive and physical fitness.	Determine whether cognitively and physically ready to begin contact through increasing intensity of complex training drills that require coordination and attention.	Confirm full fitness to return to play through restoring confidence and assessing functional skills.	Return student back to competition with any reoccurrence of symptoms going forward requiring immediate removal from play, a physician visit, and return to RTL.
Intervention Options	<u>Attendance Considerations</u> -No school to partial days. -Breaks upon request. <u>Classroom Experience</u> -Adjust or move learning environment to reduce symptom triggers. -Allow to only listen, no note taking or reading. <u>Homework Experience</u> -No homework/quizzes/tests. -Provide class notes. <u>Grading Policy</u> -Excused absence grading policy in effect. -Grades based off of oral learning, not written. <u>Transitions/Common Area</u> -May use elevator and be dismissed prior to peer transition for RTL duration.	<u>Attendance Considerations</u> -Alternating AM/PM ½ days or every other class. -Full days with scheduled breaks. <u>Classroom Experience</u> -Short bursts of of cognitive work (5-15 minutes). -Provide tutor to assist with notes/studying/ organization. <u>Homework Experience</u> -Prioritize in-class learning. -May be modified to demonstrate mastery. <u>Grading Policy</u> -No due dates on assignments. -Extended time on testing. <u>Transitions/Common Area</u> -Phase 1 Options -Avoid any event with loud noise and/or bright lights.	<u>Attendance Considerations</u> -Full-time attendance. <u>Classroom Experience</u> -Construct stepwise make-up plan. -Assist in prioritizing assignments/tests/projects. <u>Homework Experience</u> -Workload shifts to outside of class as manageable. <u>Grading Policy</u> -Extended time to make-up work referencing due dates on make-up plan. <u>Transitions/Common Area</u> -Avoid any environment that may re-trigger symptoms until fully recovered..	<u>All Sports</u> Walking, stationary bike, swim for 15 minutes max.	<u>Basketball/Volleyball</u> -Run/Jog Intervals. -Lateral footwork drills. <u>Soccer</u> -Run/Jog Intervals. -Change of direction drills. <u>Football/Rugby</u> -Run/Jog Intervals. -Backpedal/Karaoke. <u>Cheerleading</u> -Run/Jog Intervals. -Balance training. <u>Baseball/Softball</u> -Baserunning cardio. -Lateral footwork drills. <u>Cross Country/Track</u> -Run/Jog Intervals. -Dynamic stretching.  <b>No head impact. (45 Minutes Max)</b>	<u>Basketball/Volleyball</u> -Individual drills involving ball work. -Walkthrough <u>Soccer</u> -Individual drills involving ball work. <u>Football/Rugby</u> -Individual on air or controlled pad drills. -Walkthrough <u>Cheerleading</u> -Floor/Sideline routine. -1-Rotation tumbling. <u>Baseball/Softball</u> -Helmeted fielding. -Tee/Soft toss batting. <u>Cross Country/Track</u> -Sprint/Relay practice -Throwers footwork. -Jumpers approach steps.  <b>May begin resistance training.</b>	<u>All Sports</u> Must complete at minimum one full contact practice without restrictions in order to be eligible for game competition.	<u>All Sports</u> Designate staff member to monitor student returning during first competition being conscious of any abnormal reactions.
Physical Activity	None	None	None unless prescribed by physician	Limited	Moderate	Accelerated	Normal	Normal
Advance When	Symptom free for 24 hours.  Student can tolerate school environment without worsening symptoms.  Written confirmation from physician giving clearance for cognitive activity (RTL).  <u>Post-Con Consent Form</u> signed by parent & student.	Symptoms decrease in both number and severity while while student's academic load is gradually increased.  Student should be back to school full time attending all scheduled classes.  *If student remains in Phase 2 longer than 4 wks, student must return to physician for further evaluation.	Student tolerates full academic load symptom-free. All accommodations removed.  Written confirmation from physician giving clearance for physical activity (RTP).	Symptom-free during exercise AND at rest for 24 hours after activity.	Symptom-free during exercise AND at rest for 24 hours after activity.	Symptom-free during exercise AND at rest for 24 hours after activity.  Revisit physician obtaining written statement giving clearance for full contact practice AND return to competition.	Symptom-free during exercise AND at rest for 24 hours after activity.  Coach or athletic trainer clearance to return to competition.	
Approved to Advance	Initial: _____	Initial: _____	Initial: _____ *Add date cleared for RTL to Post-Con Consent Form	Initial: _____	Initial: _____	Initial: _____	Initial: _____	Initial: _____ *Add date cleared for RTP to Post-Con Consent Form