

Name _____ M F Birthdate _____ Date of Injury _____
 Sport/Team/School _____ Phone _____
 Primary Care Physician _____ Phone _____
 Concussion Management Team Leader _____ Phone _____



When can the student-athlete return to school? It will depend on the individual. Every student's injury and recovery is unique and requires careful observation from parents and doctors. Promote recovery and prevent ongoing symptoms by following a Return to Learn plan like the one below. *The physician will customize a plan to allow recovery at student's own pace.*

Schools should identify a team leader to work with each student-athlete who sustained a concussion to facilitate a safe return to learn. This identified team leader should establish a communication system between the physician, athletic trainer, school administrators, teachers, coaches, school nurse, school counselor, parent/guardian and any other members.

STUDENT MAY NOT ATTEND SCHOOL AT THIS TIME. Student may not attend class and should not work on homework assignments, reading projects, etc. This includes no extracurricular activities, such as all athletic activity, weightlifting, gym class, band, music, debate, etc. Continue to limit at-home activities that can worsen symptoms, such as loud music, television, computer screen time, texting, etc.

PARTIAL SCHEDULE & ACCOMMODATIONS. Student may attend school with a partial class schedule. Work with the student to help determine the most appropriate schedule. Classes should be prioritized and not worsen symptoms. Special accommodations may be required to limit symptoms (e.g. longer time period to take exams, postponing research papers, quiet studying in the library, etc.) Homework should be limited during this time. Participation in all athletic activity, weightlifting, gym class, and extracurricular activities is still fully restricted.

FULL SCHEDULE & ACCOMMODATIONS. Student may participate in a normal classroom schedule, but will still require some accommodations, depending on their current symptoms. Continue to work with the student to identify any specific classroom activities that could be worsening symptoms. Student may be able to participate in band and music class if this does not worsen concussions symptoms. All athletic activity, weightlifting and gym class is still not allowed, but the student can start to participate in non-athletic extracurricular activities as tolerated.

Classroom options while student has not achieved 100% cognitive recovery could include:

- Offer a tutor, reader, or a note taker to assist with performance in the classroom.
- Give an extended period of time to complete quizzes, tests, papers, etc.
- Allow classroom attendance but postpone tests, quizzes, papers, etc. until cognitive function has improved.
- Offer accommodations to minimize noisy/stimulating environments or allow them preferential seating in the classroom

Gradually increase school participation and independence as tolerated by the student. Goal is to achieve full return to school without accommodations.

NORMAL CLASSROOM. Student is **NOT** allowed to participate in any physical activity, such as weights, jogging, drills, practice or games. The athlete is **NOT** cleared to start "Warm-up to Play" but may fully participate in normal classroom activities. Work with the student to ensure a classroom "catch-up" plan is in place, if necessary.

Do NOT allow student to participate in the following:

- PE class
- Weightlifting
- Band or Music
- Wood shop or Metal shop
- Debate and Forensics
- Homework
- Exams or Quizzes
- Research Papers
- Computer Use
- Videos or Movies
- Other: _____

Please accommodate the student in the classroom by:

- Extending test time
- Allowing quiet work time (in library, for example)
- Creating a planner with assignments, due dates, etc.
- Providing a tutor
- Creating an individualized learning plan
- Other: _____

Once participation in the classroom is normal and all concussion symptoms have resolved, physician should use the **Warm-up to Play Release Form 4** if authorization for Warm-up to Play can be safely started. Once the Warm-up to Play progression is fully completed without return of symptoms, the student will be cleared for all athletic activity, weightlifting and gym class without restrictions.

Concussion symptoms may develop within days after a head injury. The patient should continue to be observed for any new symptoms.

Medical Professional Signature: _____ Date _____

Scheduled Follow-up Date _____

Notes: _____