



## Appendix E3 - School Concussion Management Plan Student Return to School Reference Guide

*After successfully completing the following stages of Appendix E1: Stage 2 of the Return to School Plan and Stage 2b of the Return to Physical Activity Plan. The student will now return to school and gradually progress through the following RTS and RTPA Stages.*

Return to School (RTS) Stages	Return to Physical Activity (RTPA) Stages
<b>Each stage must last a minimum of 24 hours.</b>	<b>Each stage must last a minimum of 24 hours.</b>
<p><b><u>RTS Stage 3a – Return to school for 2 hours</u></b> Student begins with an initial length of time at school of <u>2 hours</u>.</p> <p>The individual RTS Plan is developed by Collaborative Team following the student conference and assessment of the student’s individual needs determining possible strategies and/or approaches for student learning.</p>	<p><b><u>RTPA – Stage 3</u></b> Simple locomotor activities/sport-specific exercise to add movement.</p>
<p><b><u>RTS - Stage 3b – Return to school Half-time</u></b> Student continues attending school half time with gradual increase in school attendance time, increased school work, and decrease in learning strategies and/or approaches.</p>	
<p><b><u>RTS– Stage 4 a – Full day return to school</u></b> Full day school, minimal adaptation of learning strategies and/or approaches.</p> <p>Nearly normal workload.</p>	<p><b><u>RTPA – Stage 4</u></b> Progressively increase physical activity. Noncontact training drills to add coordination and increased thinking.</p>
<p><b><u>RTS - Stage 4b – Full day return to School</u></b> At school: full day, without adaptation of learning strategies and/or approaches.</p>	<p><b><u>Before progressing to RTPA Stage 5, the student must:</u></b> have completed RTS Stage 4a and 4b (full day at school without adaptation of learning strategies and/or approaches) have completed RTPA Stage 4 and be symptom-free, and obtain signed Medical Clearance from a medical doctor or nurse practitioner. (Appendix F)</p>
	<p><b><u>RTPA–Stage 5</u></b> Following medical clearance, full participation in all non-contact physical activities (i.e., non-intentional body contact) and full contact training/practice in contact sports. <b>(Appendix F)</b></p>
	<p><b><u>RTPA - Stage 6</u></b> Unrestricted return to contact sports</p>