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.*

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| **Return to School (RTS) Stages** | **Return to Physical Activity (RTPA) Stages** |
| **Each stage must last a minimum of 24 hours.** | **Each stage must last a minimum of 24 hours.** |
| **RTS Stage 3a –Return to school for 2 hours**  Student begins with an initial length of time at school of 2 hours.  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. | **RTPA –Stage 3**  Simple locomotor activities/sport-specific exercise to add movement. |
| **RTS - Stage 3b – Return to school Half-time**  Student continues attending school half time with gradual increase in school attendance time, increased school work, and decrease in learning strategies and/or approaches. |  |
| **RTS– Stage 4 a – Full day return to school**  Full day school, minimal adaptation of learning strategies and/or approaches.  Nearly normal workload. | **RTPA –Stage 4**  Progressively increase physical activity. Noncontact training drills to add coordination and increased thinking. |
| **RTS - Stage 4b – Full day return to School**  At school: full day, without adaptation of learning strategies and/or approaches. | **Before progressing to RTPA Stage 5, the student must:**  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) |
|  | **RTPA–Stage 5**  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.  (**Appendix F**) |
|  | **RTPA - Stage 6**  Unrestricted return to contact sports |