



Appendix K: OCDSB 970 School Concussion Management Form

This form derives from stages 3a to 4b of the Concussion Return to School Plan for Return to Learning and the stages of 3 to 6 of the Concussion Return to School Plan for Return to Physical Activity.

Name: _____

Date: _____

Return to Learning (RTL)

Stage 3a

- The student begins with an initial time at school of 2 hours.
- The individual RTL 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.
 - Activities permitted if tolerated by student:
 - Activities from previous stage (consult the [Concussion Return to School Plan for Return to Learning](#) and the [Concussion Return to School Plan for Return to Physical Activity](#).)
 - School work for up to 2 hours per day in smaller chunks (completed at school) working up to a 1/2 day of cognitive activity
 - Adaptation of learning strategies and/or approaches
 - Activities that are not permitted at this stage:
 - Tests/exams
 - Homework
 - Music class
 - Assemblies
 - Field trips

School Responsibility

- The student has demonstrated they can tolerate up to a half day of cognitive activity
- The School Concussion Management Form (Return to School Plan) is sent home to parents/guardians

School Initial: _____

Date: _____

Home Responsibility

- The student has not exhibited or reported a return of symptoms, new symptoms, or worsening symptoms
- The student has exhibited or reported a return of symptoms, or new symptoms, and must return to the previous stage for a minimum of 24 hours
- The student has exhibited or reported a worsening of symptoms and must return to medical doctor or nurse practitioner
- The School Concussion Management Form (Return to School Plan) is sent back to school

Parent/Guardian Signature: _____

Date: _____

Comments: _____

Stage 3b

- The student continues attending school half time with gradual increase in school attendance time, increased school work and a decrease in the adaptation of learning strategies and/or approaches.
 - Activities permitted if tolerated by student:
 - Activities from previous stage
 - School work for 4-5 hours per day, in smaller chunks (for example, 2-4 days of school/week)
 - Homework – up to 30 minutes per day
 - Decrease adaptation of learning strategies and/or approaches
 - Classroom testing with accommodations.
 - Activities that are not permitted at this stage:
 - Standardized tests/exams

School Responsibility

- The student has demonstrated they can tolerate up to 4-5 hours of the cognitive activities listed
- The School Concussion Management Form (Return to School Plan) is sent home to parent/guardian

School Initial: _____

Date: _____

Home Responsibility

- The student has not exhibited or reported a return of symptoms, new symptoms, or worsening symptoms

- The student has exhibited or reported a return of symptoms, or new symptoms, and must return to the previous stage for a minimum of 24 hours
- The student has exhibited or reported a worsening of symptoms and must return to medical doctor or nurse practitioner
- The School Concussion Management Form (Return to School Plan) is sent back to school

Parent/Guardian Signature: _____

Date: _____

Comments: _____

Stage 4a

- Full day school, minimal adaptation of learning strategies and/or approaches
- Nearly normal workload.
 - Activities permitted if tolerated by student:
 - Activities from previous stage
 - Nearly normal cognitive activities
 - Routine school work as tolerated
 - Minimal adaptation of learning strategies and/or approaches
 - Start to eliminate adaptation of learning strategies and/or approaches
 - Increase homework to 60 minutes per day
 - Limit routine testing to one test per day with accommodations (for example, supports - such as more time)
 - Activities that are not permitted at this stage are standardized tests/exams

School Responsibility

- The student has demonstrated they can tolerate a full day of school and a nearly normal workload with minimal adaptation of learning strategies and/or approaches
- The School Concussion Management Form (Return to School Plan) is sent home to parent/guardian

School Initial: _____

Date: _____

Home Responsibility

- The student has not exhibited or reported a return of symptoms, new symptoms, or worsening symptoms
- The student has exhibited or reported a return of symptoms, or new symptoms, and must return to the previous stage for a minimum of 24 hours
- The student has exhibited or reported a worsening of symptoms and must return to medical doctor or nurse practitioner

- The School Concussion Management Form (Return to School Plan) is sent back to school

Parent/Guardian Signature: _____

Date: _____

Comments: _____

Stage 4b

- At school: full day, without adaptation of learning strategies and/or approaches
 - Activities permitted if tolerated by Student:
 - Normal cognitive activities
 - Routine school work
 - Full curriculum load (attend all classes, all homework, tests)
 - Standardized tests/exams
 - Full extracurricular involvement (non-sport/non-physical activity, for example, debating club, drama club, chess club)

School Responsibility

- The student has demonstrated they can tolerate a full day of school without adaptation of learning strategies and/or approaches
- The School Concussion Management Form (Return to School Plan) is sent home to parent/guardian

School Initial: _____

Date: _____

Home Responsibility

- The student has not exhibited or reported a return of symptoms, new symptoms, or worsening symptoms
- The student has exhibited or reported a return of symptoms, or new symptoms, and must return to the previous stage for a minimum of 24 hours
- The student has exhibited or reported a worsening of symptoms and must return to medical doctor or nurse practitioner

Parent/Guardian Signature: _____

Date: _____

Comments: _____

Return to Physical Activity (RTPA)

Stage 3

- Simple locomotor activities/sport-specific exercise to add movement.
 - Activities permitted if tolerated by student:
 - Activities from previous stage (20-30 minutes walking/stationary cycling/elliptical/recreational dancing at a moderate pace)
 - Simple individual drills (for example, running/throwing drills, skating drills in hockey, shooting drills in basketball) in predictable and controlled environments with no risk of re-injury
 - Restricted recess activities (for example, walking)
 - Activities that are not permitted at this stage:
 - Full participation in physical education or Daily Physical Activity
 - Participation in intramurals
 - Full participation in inter-school practices
 - Inter-school competitions
 - Resistance or weight training
 - Body contact or head impact activities (for example, heading a soccer ball)
 - Jarring motions (for example, high speed stops, hitting a baseball with a bat)

School Responsibility

- The student has demonstrated they can tolerate simple individual drills/sport-specific drills as listed in permitted activities
- The School Concussion Management Form (Return to School Plan) is sent home to parent/guardian

School Initial: _____

Date: _____

Home Responsibility

- The student has not exhibited or reported a return of symptoms, new symptoms, or worsening symptoms
- The student has exhibited or reported a return of symptoms, or new symptoms, and must return to the previous stage for a minimum of 24 hours
- The student has exhibited or reported a worsening of symptoms and must return to medical doctor or nurse practitioner
- The School Concussion Management Form (Return to School Plan) is sent back to school

Parent/Guardian

Signature: _____

Date: _____

Comments: _____

Stage 4

- Progressively increase physical activity. Non-contact training drills to add coordination and increased thinking.
 - Activities permitted if tolerated by student:
 - Activities from previous stage
 - More complex training drills (for example, passing drills in soccer and hockey)
 - Physical activity with no body contact (for example, dance, badminton)
 - Participation in practices for non-contact interschool sports (no contact)
 - Progressive resistance training may be started
 - Recess – physical activity running/games with no body contact
 - Daily Physical Activity
 - Activities that are not permitted at this stage:
 - Full participation in physical education
 - Participation in intramurals
 - Body contact or head impact activities (for example, heading a soccer ball)
 - Participation in inter-school contact sport practices, or inter-school games/competitions (non-contact and contact)

School Responsibility

- The student has completed the activities in Stage 4 as applicable
- The School Concussion Management Form (Return to School Plan) is sent home to parent/guardian
- A Concussion Medical Clearance Form is sent home to parent/guardian

School Initial: _____

Date: _____

Home Responsibility

- The student has not exhibited or reported a return of symptoms, new symptoms, or worsening symptoms
- The student has exhibited or reported a return of symptoms, or new symptoms, and must return to the previous stage for a minimum of 24 hours
- The student has exhibited or reported a worsening of symptoms and must return to medical doctor or nurse practitioner
- The School Concussion Management Form (Return to School Plan) is sent back to school

Parent/Guardian Signature: _____

Date: _____

Comments: _____

- **Before progressing to Stage 5, the student must:**
 - **have completed Stage 4a and 4b of RTL (full day at school without adaptation of learning strategies and/or approaches);**
 - **have completed Stage 4 of RTPA and be symptom-free; and**
 - **obtain a signed medical clearance from a medical doctor or nurse practitioner.**
- **Please Note: Premature return to contact sports (full practice and game play) may cause a significant setback in recovery**

Stage 5

- Following medical clearance, full participation in all non-contact physical activities (that is, non-intentional body contact) and full contact training/practice in contact sports
 - Activities permitted if tolerated by student:
 - Physical Education
 - Intramural programs
 - Full contact training/practice in contact interschool sports
 - Activities that are not permitted at this stage are any competition (for example, games, meets, events) that involves body contact

School Responsibility

- The student has successfully completed the applicable physical activities in Stage 5
- The School Concussion Management Form (Return to School Plan) is sent home to parent/guardian

School Initial: _____

Date: _____

Home Responsibility

- The student has not exhibited or reported a return of symptoms or new symptoms
- The student has exhibited or reported a return of symptoms or new symptoms and must return to medical doctor or nurse practitioner for a Medical Clearance reassessment
- The School Concussion Management Form (Return to School Plan) is sent back to school

Parent/Guardian Signature: _____

Date: _____

Comments: _____

Stage 6

- Unrestricted return to contact sports. Full participation in contact sports games/competitions

School Responsibility

- The student has successfully completed full participation in contact sports
- The School Concussion Management Form (Return to School Plan) is sent home to parent/guardian

School Initial: _____

Date: _____

Home Responsibility

- The student has not exhibited or reported a return of symptoms or new symptoms
- The student has exhibited or reported a return of symptoms or new symptoms and must return to medical doctor or nurse practitioner for a Medical Clearance reassessment
- The School Concussion Management Form (Return to School Plan) is sent back to school for documentation purposes

Parent/Guardian

Signature: _____

Date: _____

Comments: _____

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