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## GRADUAL RETURN TO ACTIVITY PLAN

**A healthcare professional with training in the management of concussion will recommend COGNITIVE AND PHYSICAL rest.** Both are needed for the brain to heal. Typically, in the first few days following a concussion, **complete** cognitive and physical rest are needed.

Every concussion is different. A few students will be ready to return to school immediately. Most students, however, will need 2–3 days of complete rest before returning to school. For some, a longer rest period is required for symptoms to improve.

As symptoms begin to improve, students will return full time to school. However, learning accommodations will be necessary until all symptoms clear. Teachers can assist healing by canceling homework and reducing or dismissing assignments during this period. This isn't like the flu, where students can complete school-work while at home. Students need a break, not just a postponement, during this critical time.

The Concussion Management Team will develop a Gradual Return to Activity Plan, a stepped progression of increased activity over time as symptoms subside. Because the healing process is not linear or predictable, the Concussion Management Team will closely monitor and communicate progress.

**To ensure successful return to activity, the CMT Communication Coordinator will facilitate regular and ongoing communication among the CMT, the student, teachers and parents.**

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### A SUCCESSFUL GRADUAL RETURN TO ACTIVITY PLAN HAS TWO PARTS:

1. Return to Academics—a gradual return to school and academic requirements implemented by the teaching staff (Sample Return to Academics Progression on the next page.)
2. Return to Play—a gradual return to sports implemented by the athletic staff. (Check with your CMT Coordinator if you would like a copy of a sample Return to Play Progression.)

**The Return to Activity Plan is a medical decision with input from all members of the Concussion Management Team.**

## RETURN TO ACADEMICS PROGRESSION

Progression is individual. All concussions are different. Students may start at any of these steps, depending on symptoms, and remain at the step as long as needed. Return to previous step if symptoms worsen. Be flexible. **The Return to Activity Plan is a medical prescription.**

Steps	Progression	Description
1	<b>HOME—Total Rest</b>	<ul style="list-style-type: none"> <li>Stay at home</li> <li>No driving</li> <li>No mental exertion—computer, texting, video games, homework</li> </ul>
2	<b>HOME—Light Mental Activity</b>	<ul style="list-style-type: none"> <li>Stay at home</li> <li>No driving</li> <li>Up to 30 minutes mental exertion</li> <li>No prolonged concentration</li> </ul>

**Progress to Step 3 when student handles up to 30 minutes of sustained mental exertion without worsening of symptoms**

3	<b>SCHOOL—Part Time</b> Maximum accommodations Shortened day/schedule Built-in breaks	<ul style="list-style-type: none"> <li>Provide quiet place for scheduled mental rest</li> <li>Lunch in quiet environment</li> <li>No significant classroom or standardized testing</li> <li>Modify rather than postpone academics</li> <li>Provide extra time, help and modified assignments</li> </ul>
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**Progress to Step 4 when student handles 30–40 minutes of sustained mental exertion without worsening of symptoms**

4	<b>SCHOOL—Part Time</b> Moderate accommodations Shortened day/schedule	<ul style="list-style-type: none"> <li>No standardized testing</li> <li>Modified classroom testing</li> <li>Moderate decrease of extra time, help and modification of assignments</li> </ul>
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**Progress to Step 5 when student handles 60 minutes of mental exertion without worsening of symptoms**

5	<b>SCHOOL—Full Time</b> Minimal accommodations	<ul style="list-style-type: none"> <li>No standardized testing; routine tests are OK</li> <li>Continued decrease of extra time, help and modification of assignments</li> <li>May require more support in academically challenging subjects</li> </ul>
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**Progress to Step 6 when student handles all class periods in succession without worsening of symptoms AND receives medical clearance for full return to academics and athletics**

6	<b>SCHOOL—Full Time</b> Full academics No accommodations	<ul style="list-style-type: none"> <li>Attends all classes</li> <li>Full homework and testing</li> </ul>
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**When symptoms continue beyond 3–4 weeks, prolonged in-school supports are required. Request a 504 meeting to plan and coordinate student supports.**