

**MCPS POST CONCUSSION
RETURN TO LEARN, ACTIVITY & PLAY**

NAME _____ DOB _____ DATE OF INJURY _____

Following a student's diagnosis of concussion by a medical provider, this form must be completed in conjunction with the daily Post-Concussion Symptom Checklist until the student has successfully cleared all recovery stages. A licensed VA provider may suggest starting protocol at stages 1-3; the student is then guided through the remaining stages.

NOTE: Each recovery stage includes activity parameters for 3 distinct areas: academics, general activities and sports. It is imperative that the parameters for each of these 3 areas be closely followed at each stage, to support the student's recovery from brain injury.

RECOVERY STAGE	RETURN TO LEARN <i>-academic guidelines for all students</i>	RETURN TO ACTIVITY <i>-PE/recess guidelines for all students</i>	RETURN TO PLAY <i>-guidelines for student athlete, coach, athletic trainer</i>
STAGE 1 Date Cleared: _____	<ul style="list-style-type: none"> • REST AT HOME • No tests or homework 	<ul style="list-style-type: none"> • NO PHYSICAL ACTIVITY • No driving • Limit brain activities to 30 min (TV/computer/cell phone/ reading) 	<ul style="list-style-type: none"> • NO PHYSICAL ACTIVITY
STAGE 2 Date Cleared: _____	<ul style="list-style-type: none"> • SHORTENED SCHOOL DAY • MODIFIED ACADEMIC LOAD <ul style="list-style-type: none"> ◦ No PE/band/chorus/exertional activities ◦ No tests ◦ Modified assignments, extra time, extra help ◦ Scheduled breaks in quiet place for brain rest 	<ul style="list-style-type: none"> • NO PHYSICAL ACTIVITY • Limit screen time (smart boards, computers, movies, TV) 	<ul style="list-style-type: none"> • NO PHYSICAL ACTIVITY
Progress to next level when symptom free for 24 hours and begin Return to Play Protocol STUDENT ATHLETE MUST HAVE WRITTEN CLEARANCE FROM PHYSICIAN TO BEGIN PROTOCOL			
STAGE 3 Date Cleared: _____	<ul style="list-style-type: none"> • FULL SCHOOL DAY • INCREASING ACADEMIC LOAD <ul style="list-style-type: none"> ◦ Return to band and chorus as tolerated ◦ Continue academic modifications and accommodations, gradually increase workload ◦ Scheduled breaks in quiet place for brain rest 	<ul style="list-style-type: none"> • LOW PHYSICAL ACTIVITY (walking) • Introduce more screen time as tolerated 	<ul style="list-style-type: none"> • LIGHT AEROBIC ACTIVITY (walking)
Progress to next level when symptom free for 24 hours without medication			
STAGE 4 Date Cleared: _____	<ul style="list-style-type: none"> • FULL ACADEMIC LOAD <ul style="list-style-type: none"> ◦ Regular due dates ◦ No standardized testing, routine tests okay 	<ul style="list-style-type: none"> • MODERATE PHYSICAL ACTIVITY (jogging) • Resume normal screen activities 	<ul style="list-style-type: none"> • INCREASE ACTIVITY LEVEL: jogging, individual ball work • School athlete must be able to jog or bike 20 minutes at 70% of max heart rate
Progress to next level when symptom free for 24 hours without medication			
STAGE 5 Date Cleared: _____	<ul style="list-style-type: none"> • FULL ACADEMIC PARTICIPATION <ul style="list-style-type: none"> ◦ Able to take standardized tests 	<ul style="list-style-type: none"> • NON-CONTACT AEROBIC ACTIVITY IN PE/RECESS 	<ul style="list-style-type: none"> • HALF PRACTICE: FULL SPEED NON-CONTACT • Student athlete must be able to complete 30 min exercise: <ul style="list-style-type: none"> ◦ 10 minutes - jog at moderate pac; ◦ 10 minutes - rotate every 30 seconds between sit ups, pushups and jumping jacks ◦ 10 minutes - sport-specific activity (non-contact)
Progress to next level when symptom free for 24 hours without medication			
STAGE 6 Date Cleared: _____	<ul style="list-style-type: none"> • FULL ACADEMIC PARTICIPATION 	<ul style="list-style-type: none"> • FULL PE/RECESS PARTICIPATION 	<ul style="list-style-type: none"> • FULL CONTACT PRACTICE (STUDENT ATHLETE MUST HAVE WRITTEN CLEARANCE FROM PHYSICIAN TO PARTICIPATE IN FULL-CONTACT PRACTICE) • STUDENT ATHLETE CLEARED FOR GAME IF REMAINS SYMPTOM-FREE AFTER PRACTICE

ADDITIONAL GUIDANCE:

- ONLY ONE STAGE PER DAY - AN ATHLETE CANNOT COMPLETE THE FULL-CONTACT PRACTICE AND COMPETE IN A GAME ON THE SAME DAY
- IF SYMPTOMS RE-OCCUR DURING ANY RECOVERY STAGE, STUDENT **MUST** RETURN TO PREVIOUS STEP AND CAN ADVANCE WHEN SYMPTOM FREE
- IF ABSENT/INCLEMENT WEATHER DURING RTLP PROTOCOL, MUST COMPLETE ALL STEPS ON RETURN TO SCHOOL