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| Circle-Logo---Founders-Hall-(Small)2 | Policy: ConcussionsReturn to LearnReturn to Athletics |

Purpose: To ensure appropriate management of mild Traumatic Brain Injuries in the school setting including early recognition, referrals for clinical treatment. To outline an evidence based, safe plan for “Return to Learn” and “Return to Play”.

The Brook Hill School acknowledges that mild traumatic brain injuries typically require days or weeks to recover from, depending on gender, age, activity level, concussion history, and many other personal factors.. Every person's brain and injury situation is unique, and recovery must be tailored to the needs of the individual. While some youth athletes do not feel a disruption in their life after having sustained a concussion, many find that their ability to effectively perform academically, athletically and other lifestyle activities is greatly affected by a concussive incident. In any case, lingering problems following a concussion are a signal that further evaluation and care is necessary.

The Brook Hill School believes that the gold standard of concussion management consists of 4 Stages

1. Concussion Education and Awareness for our staff, faulty and coaches with a coordinated plan of action between the members of our Health Care Team including The School Nurse and The Trainer.
2. Baseline Concussion Evaluations for Student Athletes based on the SCAT 3 Sports Concussion Assessment Tool 3rd Edition
3. Recommendations for comprehensive Clinical Care as needed with the Student’s PCP
4. A Graduated “Return to Learn” and “Return to Play” Protocol with a seamless transition between both phases of the student’s recovery to full academics and full participation in athletics.

**The Brook Hill Return to Learn and Return to Play Protocol**

**“Return to Learn” will be monitored by daily student visits to the School Nurse in close coordination with the student’s parents and the student’s physician as needed. It is highly recommended that the student follow the concussion policy at home in order to avoid a prolonged recovery. The School Nurse will also coordinate with the Athletic Trainer for the student’s smooth transition from “Return to Learn” into the “Return to Play” Protocol as it applies for Athletics.**

**When students return to school after a concussion, school professionals should watch for:**

1. Increased problems paying attention or concentrating
2. Increased problems remembering or learning new information
3. Longer time needed to complete tasks or assignments
4. Difficulty organizing tasks or shifting between tasks
5. Inappropriate or impulsive behavior during class
6. Greater irritability
7. Less ability to cope with stress
8. More emotional than usual
9. Fatigue
10. Difficulties handling a stimulating school environment (lights, noise, etc.)
11. Physical symptoms (headache, nausea, dizziness)

**Return to Learn Recovery Stage 1 - No Activity and at home**. Complete physical and cognitive rest until Medical Clearance achieved. No school work. No homework. Strict limitations on technology use. No reading. No texting. No video games. No TV. No computer work. Gradual reintroduction of cognitive activity. Add in cognitive activities one at a time for 5 to 15 minutes and increase slowly unless symptoms reoccur. The student must be able to complete homework at home before attempting school work at school. Homework for 20-30 minutes at a time. Increase cognitive stamina by repetition of short periods of self-paced cognitive activities. The recoverytime frame for this stage depends on the student and the severity of the injury. Estimated 1-3 days.

**Return to Learn Recovery Stage 2 –Return to School with Academic Accommodations:** Return to school for part of the day after tolerating 1-2 cumulative hours of homework at home. Re-entry with continued limits on exposure to technology only as needed for school work. Limited reading. Avoid carrying a heavy backpack. No quiz. No test. No Orchestra. No Choir. No Play Practice. No Academic Practice. No PE or Athletics. Continue to offer rest periods of 15-30 minutes in the Nurse’s Office as needed. Monitor symptoms closely. The recovery time frame for this stage depends on the student and the severity of the injury. Estimated 1-2 days. Monitor symptoms. Move to Stage 3 when symptom free.

**Return to Learn Recovery Stage 3 – Continue Academic Accommodations:** Return to school for at least ½ to all of the day as cognitive stamina improves. Gradually begin to increase work load and homework. Gradually increase limits on exposure to technology. One quiz or test per day. Incorporate light physical activity as tolerated. Continue to offer rest periods of 15 minutes in the Nurse’s Office as needed. Monitor symptoms closely. The recovery time frame for this stage depends on the student and the severity of the injury. Estimated 1-2 days. Monitor symptoms. Move to Stage 4 when symptom free.

**May begin Graduated Return to Play Protocol with MEDICAL CLEARANCE in conjunction with Stage 3 or 4 of Return to Academics**

**Return to Learn Recovery Stage 4 – Full Recovery to Academics:** Attend school full time. Be a self-advocate at school including meeting dates and deadlines. Able to resume normal activities without the reoccurrence of symptoms. The recovery time frame for this stage depends on the student and the severity of the injury. Estimated 1-2 days. Monitor symptoms. If symptoms reoccur, continue Stage 4 until symptom free.

**“Return to Play” will be monitored by daily visits to the Athletic Trainer in close coordination with the School Nurse. If at ANY time the student has a return of concussion symptoms they must return to Stage 1 of Return to Play.**

**Return to Play Stage 1 – Complete Rest:** Students may be resting at home during this stage and perhaps attempting light academic work at home. They may progress to attending school for a portion of the day. Younger students may require a more conservative progression. Students will be able to move on to Stage 2 of “Return to Play” when they have been symptom free for 24 hours and have Medical Clearance from their Health Care Provider to begin the “Return to Play” Protocol.

**Return to Play Stage 2 – Light Aerobic Exercise to Increase Heart Rate:** The goal is ONLY to increase the student’s heart Rate. These activities may include walking, light jogging or riding an exercise bike. This transition may begin during Stage 3 or 4 of the “Return to Learn” Protocol depending on the student’s tolerance. This will require close coordination between the Nurse and the Trainer.

**Return to Play Stage 3 – Add Movement, Moderate Aerobic Activity & Sport Specific Exercise:** Students must have a FULL recovery to academics prior to beginning this stage of the “Return to Play” Protocol. The goal is to develop an ability to tolerate moderate aerobic activity for a period of 30-60 minutes. Running at a moderate intensity. This will be non-head impact activity. Students will not wear helmets or other equipment during this stage.

**Return to Play Stage 4 – Non-contact Training Drills in Full Uniform:** More intense aerobic activity that is close to the student’s typical routine but does not include contact. Sport specific drill including running, weight lifting and resistance training. High intensity biking. This stage may add some cognitive components to practice in addition to the aerobic and movement components introduced in the previous steps.

**Return to Play Stage 4 – Full Contact with Full Uniform Practice or Training:**  **FINAL MEDICAL CLEARANCE REQUIRED FOR THIS STAGE.** The goal is to restore confidence and assess functional skills. **If student remain symptom free for 24 hours they may return to full game play.**

**SEE ALL ATTCHMENTS**

The Brook Hill School Graduated Return to Learn Protocol

The Brook Hill School Return to Play Protocol

Sport Concussion Assessment Tool 3rd Addition or SCAT3 may open in hyperlink below

TAPPS Concussion Return to Play Form may open in hyperlink below

[Concussion SCAT3 TAPPS FORM 20170621102909023.pdf](file:///C%3A%5CUsers%5Cschadwell%5CDesktop%5CConcussion%20SCAT3%20TAPPS%20FORM%2020170621102909023.pdf)



Graduated Return to Learn Protocol

Adapted from the Sports Concussion Institute

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| **RECOVERY****STAGE 1***Complete Physical and Cognitive Rest until Medical Clearance**No School Attendance**Strict Limits on Technology Usage**Rest* | **RECOVERY****STAGE 2***Return to School**with Academic**Accommodations**Continue Limits on**Technology Usage**Avoid Heavy**Backpacks**No Tests, PE, Band or Choir**Monitor Symptoms**REST at home* | **RECOVERY STAGE 3***Continue**Academic**Accommodations**Attend School Full**Time if Possible**Increase Work Load**Gradually (testing,**homework, etc)**May Begin Graduated Return to Play Protocol Must Have Medical Clearance Incorporating Light Activity**Monitor Symptoms* | **RECOVERY STAGE 4***Full Recovery to**Academics**Attend School Full**Time**Self-Advocate at**School (meet due**dates, etc)**Resume Normal**Activities**Continue Graduated**Return to Play* *Protocol**Monitor Symptoms* |
| *Symptom Free for 24 Hours?***YES:**Begin Stage 2**NO:**Continue Resting | *Symptom Free for**Next 24 hours?***Yes**:Begin Stage 3**No**:Rest Furtheruntil SymptomFree | *Symptom Free for**Next 24 Hours?***Yes**:Begin Stage 4**No**:Return to Stage 2 until Symptom Free | *Symptom Free for**Next 24 Hours?***Yes**:Return to School**No**:Return to Stage 3 until Symptom Free |



Graduated Return to Play Protocol

Adapted from the Sports Concussion Institute

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| **Return to Play****STAGE 1***RETURN TO LEARN**in Progress****May Begin Stage 2 of Return to Play When able to attend a full day of school AND Medical Clearance has been obtained****Complete Physicial Rest* | **Return to Play****STAGE 2***Light Aerobic Exercise to Increase HR****Coincides with Stage 3 & 4 of Return to Learn****Walking, Light Jog, Exercise Bike* | **Return to Play****STAGE 3***Sport Specific Exercise**ADD Movement****Full Recovery to Academics Required****Moderate Aerobic Exercise**30-60 minutes of Running at Moderate Intensity without a Helmet or Other Equipment**Non Head Impact Activity* | **Return to Play****STAGE 4***Non-contact Training Drills in Full Uniform.**May Begin Weight Lifting and Resistance Training* | **Return to Play****STAGE 5***Full Contact with Full Uniform for Practice or Training****Final Medical Clearance Required****Restore**Confidence & Assess Functional Skills****If Symptom Free Return to Game Play*** |
| *Ready for Class Attendance**Symptom Free for 24 hours?***YES DATE:**Begin Stage 2**NO:**Continue Resting | *Exercise Performed**Symptom Free* *for 24 hours?***YES DATE**:Begin Stage 3**NO**:Return to Stage 1 until symptom free | *Exercise Performed**Symptom Free* *for 24 hours?***YES DATE**:Begin Stage 4**NO**:Return to Stage 1 until symptom free | *Exercise Performed**Symptom Free* *for 24 hours?***YES DATE**:Begin Stage 5**NO**:Return to Stage 1 until symptom free | *Exercise Performed**Symptom Free* *for 24 hours?***YES DATE**:Game Play**NO**:Return to Stage 1 until symptom free |