

Reed-Custer Student Athlete Return To Learn/Return to Play Plan

Student-Athlete Name			Grade	
Date of Birth		Gender	<input type="checkbox"/> M	<input type="checkbox"/> F
Date of Concussion		Location		
Sport			In Season <input type="checkbox"/>	Out of Season <input type="checkbox"/>
School				
Initially Diagnosed by				
Clinical Designation	<input type="checkbox"/> MD <input type="checkbox"/> DO <input type="checkbox"/> ATC <input type="checkbox"/> PAC <input type="checkbox"/> ARNP <input type="checkbox"/> PT <input type="checkbox"/> Other			
School Nurse				
Athletic Trainer			Phone:	

The above Student Athlete has been evaluated and presented with signs and symptoms of concussion. Illinois State Law² requires Student Athletes exhibiting signs and symptoms of concussion must be removed from sport related activity on that day and may not return to play until cleared by a medical provider trained in the assessment and management of concussions or a Certified Athletic Trainer working under the direct supervision of a medical provider trained in the assessment and management of concussions. Student Athletes should not begin graduated return to play protocol until completing to return to learn protocol.

*****The Return to Learn Checklist follows on the back side of this paper*****

REED-CUSTER GRADUATED RETURN TO LEARN PROTOCOL

The CDC recommends students progressively return to school. Students who return to full cognitive load, can exacerbate the symptoms and disrupt the recovery process. It is essential for Students to recover academically before returning to play. The following progression should be completed by a school nurse and/or Certified Athletic Trainer before beginning return to play protocol. This said, if the student returns for evaluation after a 24 hour period and shows no signs or symptoms, they should be immediately cleared from Return to Learn and graduated to Return to Play protocol.

Student-Athlete Name		Grade	
Phase	Description	Activity	Completed Date/Initials
1	No activity	Complete cognitive rest — no school, no homework, no reading, no texting, no video games, no computer	
2	Gradual reintroduction of cognitive activity	No school —Relax previous restrictions on activities and add back for short periods of time (5-15 minutes at a time).	
3	School re-entry	Part day of school after tolerating 1-2 cumulative hours of homework at home.	
4	Gradual reintegration into normal school day	Increase to full day of school.	
5	Resumption of full cognitive Workload	Introduce testing, catch up with essential work.	
6	Full Inclusion	Student shows no signs or symptoms of concussion Graduate to Return to Play protocol	

It is my professional opinion that the above-named student has cleared all of the phases of the Reed-Custer Return to Learn protocol and may now move in the Return to Play Protocol if participating in athletics.

Signature: _____ Date: _____

Position/Clinical Designation: _____

Student: _____ Date: _____

Parent/Guardian: _____ Date: _____

Return to Learn Protocol

*****Students should begin at their highest symptom-free step in the progression*****

All steps should be conducted at a sub-symptom threshold. This is defined as performing activities without symptoms, or with symptoms so long as current symptoms are not increased and no new symptoms occur. If symptoms become aggravated the student should discontinue activity and rest; make adjustments, and try the next day at the same step, or one step lower. Symptoms should be monitored with a school nurse or Certified Athletic Trainer with the approved concussion monitoring tool.

REED-CUSTER GRADUATED RETURN TO PLAY PROTOCOL

Student Athlete Name				Grade	
Phase	Description	Activity	Objective	Completed Date/ Initials	
1	No activity	Symptom limited physical and cognitive rest	Recovery		
2	Light aerobic exercise	Walking, swimming or stationary cycling keeping intensity <70% maximum permitted heart rate	Increase heart rate		
3	Sport-specific exercise	Agility/running drills No head impact activities	Add movement		
4	Non-contact training drills	Progression to more complex training drills (route running, ball handling)	Exercise, coordination and cognitive load		

MEDICAL CLEARANCE TO RESUME NORMAL PARTICIPATION				
5	Full-contact practice	Normal training activities in practice	Restore confidence and assess functional skills by coaches	
6	Return to Play	Normal game play	No restrictions	

It is my professional opinion that the above-named student has cleared all of the phases of the Reed-Custer Return to Play protocol and is cleared for all full-contact activities.

Signature: _____ Date: _____

Position/Clinical Designation: _____

Student: _____ Date: _____

Parent/Guardian: _____ Date: _____