

PARENT/GUARDIAN PERMISSION FOR RETURN TO LEARN & PHYSICAL ACTIVITIES
Program Safety Guidelines for Concussions

KAWARTHA PINE RIDGE DISTRICT SCHOOL BOARD

Date: _____

Dear Parent/Guardian:

Recently your child/ward was diagnosed as having suffered a concussion. Kawartha Pine Ridge District School Board understands that head injuries have the potential to have significant immediate and long term consequences. We encourage you to seek the on-going advice of a medical doctor or nurse practitioner for developing a medically supervised recovery plan. Furthermore, our school and staff hope to work collaboratively with you to support your child's return to health.

The purpose of this letter is to obtain from you, instructions and informed consent for supporting the next steps in your child's medically supervised recovery process. To assist you in conversations with medical professionals, we have included an outline of our "Return to Learn" and "Return to Physical Activity" process. Sharing this information with the doctor or nurse, and obtaining specific instructions for recovery will clarify for school staff how we can support in your child/ward's return to health.

The school has not observed, nor has your child/ward communicated any concussion-related signs or symptoms while engaging recent activities. After receiving your permission, the school will allow your child/ward to participate in activities that correspond to step indicated below:

Check **one box** to indicate which step in the recovery process the student is beginning:

- Step 1: Complete rest at home
- Step 2a: Modified learning activities / No physical activity
- Step 2b: Regular learning activities / Light aerobic activity
- Step 3: Sport-specific aerobic activity
- Step 4: Sport-specific non-contact training
- Step 5: Full participation in non-contact activities and sport (**requires Doctor's Note**)
- Step 6: Full participation in contact activities and sport

Please complete and return to school

As part of my child/ward's medically supervised recovery process, I give permission for my child/ward to participate in activities that corresponds to the step indicated above.

Step 5 only: I have attached a **Doctor's Note** that confirms that my child/ward is symptom free and is able to return to regular physical education class/intramurals/interschool activities in non-contact sports and full training/practices for contact sports _____ (initial of Parent/Guardian)

Parent/Guardian Signature _____ Date: _____

Comments: _____

“Return to Learn / Return to Physical Activity” Process

Parent communicates result back to school	When a child is suspected of having a concussion: <ul style="list-style-type: none"> Child undergoes medical examination by physician or nurse practitioner
Parent consents to continue to Step 2a	Step 1 – Complete rest at home, including: <ul style="list-style-type: none"> <i>Cognitive Rest:</i> limit reading, texting, television, computer, electronic games, etc. <i>Physical Rest:</i> restrict recreational/leisure and competitive physical activities <i>Duration:</i> minimum of 24 hours and until (as determined by the parent & student) <ul style="list-style-type: none"> the student’s symptoms begin to improve; or the student is symptom free;
Parent consents to continue to Step 2b Parent consents to continue to Step 3	Step 2a – Symptoms are improving, but not yet symptom free <ul style="list-style-type: none"> <i>Return to Learn:</i> classroom strategies that include physical rest & gradually increase cognitive activity. Step 2b – Student is symptom free <ul style="list-style-type: none"> <i>Return to Learn:</i> student returns to regular learning activities. <i>Return to Physical Activity:</i> <ul style="list-style-type: none"> <i>Activity:</i> Individual light aerobic (e.g., walking, swimming or stationary bike). <i>Restrictions:</i> No resistance or weight training. No competition/practices/scrimmages. No participation with equipment or with other students. No drills. No body contact. <i>Objective:</i> To increase heart rate.
School monitors absence of symptoms	Step 3 – Sport specific, aerobic activity <ul style="list-style-type: none"> <i>Activity:</i> Individual sport-specific physical activity (e.g., running, skating, shooting drills) <i>Restrictions:</i> No resistance/weight training. No competition/practices/scrimmages. No body contact, no head impact activities (e.g., heading a ball in soccer) or other jarring motions (e.g., high speed stops, hitting a baseball with a bat). <i>Objective:</i> To add movement. Step 4 – Sport specific, non-contact training <ul style="list-style-type: none"> <i>Activity:</i> Activities with no body contact (e.g., dance, badminton). Progressive resistance training may be started. Non-contact practice and progression to more complex training drills (e.g., passing drills in football and ice hockey). <i>Restrictions:</i> No activities with body contact, head impact (e.g., heading the ball in soccer) or other jarring motions (e.g., high speed stops, hitting a baseball with a bat). <i>Objective:</i> To increase exercise, coordination and cognitive load.
Medical note required	Step 5 – Full participation in <i>non-contact</i> activities and sports <ul style="list-style-type: none"> <i>Activity:</i> Full participation in regular physical education/intramural/interschool activities in non-contact sports. Full training/practices for contact sports. <i>Restrictions:</i> No competition (e.g., games, meets, events) that involve body contact. <i>Objective:</i> To restore confidence and assess functional skills by teacher/coach. Step 6 – Full participation in contact activities and sports <ul style="list-style-type: none"> <i>Activity:</i> Full participation in contact sports. <i>Restrictions:</i> None.

It is important to note:

- Cognitive or physical activities can cause a student’s symptoms to reappear
- Steps are not days – each step must take a minimum of 24 hours and the length of time needed to complete each step will vary based on the severity of the concussion and the student
- The signs and symptoms of a concussion often last for 7 – 10 days, but may last longer in children and adolescents
- If symptoms reappear, then the student needs to be re-examined by a medical doctor or nurse practitioner.