

# Glenbrook High School District 225

## Concussion Oversight Team Return-to-Learn & Return-to-Play Protocol

Students who have sustained a concussion may need informal or formal academic accommodations and modification of curriculum. In accordance with the Youth Sports Concussion Safety Act, the school's Certified Athletic Trainer and/or Registered Nurse, in conjunction with an approved health care provider, will evaluate and monitor concussion symptoms, institute academic accommodations as deemed necessary, and progress the Return-to-Learn and Return-to-Play process based on current scientific evidence. An approved health care provider is defined as a Physician (MD or DO), Advanced Practice Nurse (APN), or Physician Assistant (PA).

- All concussions must be evaluated by an approved health care provider.
- If a student experiences persistent symptoms, the school's Certified Athletic Trainer and/or Registered Nurse may require further evaluation every two weeks with the student's approved health care provider.
- Academic accommodations are set for the student based on their self-reported symptoms and evaluation by the Certified Athletic Trainer or Registered Nurse in conjunction with the student's approved health care provider.
  - Depending on evaluation and symptoms reported, additional accommodations can be assigned in:
    - School attendance
    - Testing
    - Workload
    - Breaks
    - Visual stimuli
    - Audible stimuli
    - Physical exertion
    - Home
    - Sleep
    - Work
    - Emotional
  - The student, parent/guardian, coach, counselor, nurse, and teachers are notified of the assigned accommodations.
  - In addition to possible academic accommodations, all concussed students will have physical activity accommodations as recommended by their approved health care provider and must complete the Return-to-Play process in order to return to physical education class and athletics.
  - Students who remain home for an extended period may be reviewed by the Student Services Team.
- The student should be re-evaluated on a daily or every other day basis by the Certified Athletic Trainer or Registered Nurse, whenever the student is present in school.
  - It is the student's responsibility to report to the Certified Athletic Trainer or Registered Nurse as directed to complete the Return-to-Learn and Return-to-Play Protocol.
  - The self-reported symptoms and evaluation will be used to determine the appropriate academic accommodations.
  - In the absence of academic accommodations given by the student's approved health care provider or Certified Athletic Trainer, the student may be responsible for all academic work.
  - During the recovery process, as symptoms resolve an "expose and recover" treatment plan will be used. After a brief period of initial rest, symptom-limited activity may be initiated while staying below a cognitive and physical exacerbation threshold.
  - A notification will be made to the same people listed above every time there is a change to the accommodations.

- The student will be given adequate time to complete missed academic work based on the amount of time needed for complete recovery.
  - For concussions that last an extended period of time, the counselors may coordinate mastery learning with the teachers for make-up homework and testing.
  - If a concussion requires an extended period of time to resolve, the student may be placed on the Student Services Team agenda.
  - If a student chooses to take a test or quiz during the concussion protocol, the score will not be modified.
  - Any missed physical education classes due to a concussion do not need to be made up unless the student does not comply with evaluation procedures.
  - An approved health care provider must clear the student to begin the Return-to-Play Protocol or have previously given the Certified Athletic Trainer or Registered Nurse consent to complete the Return-to-Play Protocol.
- The Return-to-Play Protocol is as follows:
  - Six-step progression with each step being completed approximately 24 hours apart.
    - Step 1: Symptom-limited activity: Activities that do not worsen symptoms  
*Goal: Gradual reintroduction of work/school activities.*
    - Step 2: Light aerobic exercise: Walking or stationary bike workout  
*Goal: To increase heart rate with limited head movement.*
    - Step 3: Sport-specific exercise: Jogging, sprinting, and calisthenics  
*Goal: To increase heart rate with head and body movement.*
    - Step 4: Non-contact drill work at practice: Includes progressive resistance training  
*Goal: Increase conditioning, coordination, and cognitive load.*
    - Step 5: Full contact practice: Participate in normal practice drills following medical clearance  
*Goal: Restore confidence and assess functional skills.*
    - Step 6: Clear for competition: Normal game play

\*Recent research suggests that after a brief period of rest, low level activity may be beneficial post-injury and may be initiated prior to beginning the Return-to-Play Protocol.\*

(McCrory et al. Consensus statement on concussion in sport – the 5<sup>th</sup> international conference on concussion in sport held in Berlin, October 2016)

  - If symptoms return during any step, that step must be repeated the next day, without symptom provocation, before moving on with the progression.
  - The progression above is a guideline and will be individualized for the athlete, sport, and injury.
  - Return-to-Play progression may be initiated prior to full Return-to-Learn at the discretion and under the supervision of an approved health care provider or Certified Athletic Trainer.
  - For student-athletes, written consent must be given to the school by the approved health care provider, the parent/guardian, and the student-athlete before being cleared for contact on Step 5.
  - For non-athletes, students must complete steps 1-4 and have an approved health care provider's consent to return to full physical education participation.
- The following must be completed for the student to return to full participation in physical education class, as well as unrestricted participation in practices and games in athletics:
  - The student must have resumed full academic activity.
  - The student must have completed the Return-to-Play Protocol.
  - The Certified Athletic Trainer, in collaboration with the student's approved health care provider, has the final say in clearing the student to return to athletic participation. In accordance with state law and IHSA requirements, the student must successfully complete the Return-to-Play Protocol before resuming unrestricted athletic participation. The Certified Athletic Trainer cannot override an approved health care provider's orders to hold someone from play.