



Concussion Protocol Summary

At Cass School District 63, your child's safety, health, and academic well-being are our top priorities. To ensure we provide the best care, our district has established a comprehensive concussion management protocol that fully aligns with Illinois state law ([105 ILCS 5/22-80](#)) and Cass School District 63 Board [Policy 7:305](#).

Here is what you need to know about how we manage head injuries and the steps we take together to ensure your child's safe recovery.

What the District will do if a head injury is suspected

- **Immediate Removal:** If a coach, staff member, official, or parent suspects your child has sustained a concussion, the student will be immediately removed from the practice, game, or physical education class.
- **Immediate Notification:** Our staff will immediately notify you (the parent or guardian) about the suspected injury.
- **Provide Resources:** We will provide your family with the official CDC HEADS UP and Illinois Department of Public Health (IDPH) educational materials to help you understand concussions and recovery.
- **Daily School Monitoring:** Once your child begins returning to school, the School Nurse will check in with them every morning to track their symptoms. The nurse will then coordinate with teachers to ensure your child receives the necessary classroom accommodations.

What Families need to do

- **Ensure Rest at Home:** In the initial stage of recovery, your child will need complete physical and cognitive rest at home. This includes strict limits on screens, phones, TV, and reading until they are cleared for the next stage.
- **Complete Initial Forms:** To proceed through the recovery protocols, families must complete and turn in the IESA/IHSA Post-concussion Consent Form to the Building Principal.
- **Obtain Medical Clearance:** Before your child can begin the physical Return to Play progression, you must provide a written clearance statement from a qualified medical provider (such as a licensed physician, athletic trainer, advanced practice registered nurse, or physician assistant).
- **Sign Final Consent:** Before full return to athletic competition, both you and your child must sign the post-concussion consent form acknowledging the risks and authorizing the school to review the medical statements.

How We Support Your Child's Recovery

- **Return to Learn (RTL):** Before returning to sports, your child must successfully complete the RTL process. The School Nurse will work as a liaison between your family, your doctor, and teachers to provide a gradual return to school. Your child must be symptom-free for 24 hours before moving to the next stage of recovery.

Return to Learn (RTL) Steps		
Step	Focus	Academic & Environmental Accommodations
1	Initial Recovery and Rest	● Complete physical & cognitive rest at home. ● Strict limits on screens, phones, TV, & reading. ● No school attendance until cleared for Stage 2.
2	Return to School with Accommodations	● Partial day or modified schedule as tolerated. ● Rest breaks in Nurse's office as needed. ● No standardized testing, PE, band, or chorus. ● Avoid heavy backpacks; allow extra transit time.
3	Advanced Accommodations	● Full-time attendance as tolerated. ● Gradual increase in academic load & homework. ● Light aerobic activity permitted in PE (no High Intensity Training).
4	Full Academic Re-entry	● Full academic workload without accommodations. ● Normal classroom engagement & due dates. ● Cleared to begin Stage 3 of RTP Protocol.

- **Return to Play (RTP):** Once your child can handle a full academic workload and receives medical clearance, they can begin a step-by-step return to physical activity. Each step requires your child to be symptom-free for at least 24 hours before advancing.

Return to Play (RTL) Steps			
Step	Level of Activity	Objective	Exercise Details
1	Cognitive & Physical Rest	Rest & recovery	Complete rest until initial medical release.
2	Light Aerobic Exercise	Increase heart rate (<70% Max HR)	10-15 min stationary bike, walking, jogging. No weightlifting.
3	Sport-Specific Exercise	Add movement (<80% Max HR)	Running/sport drills; 30-45 min. NO head impact or contact.
4	Non-Contact Drills	Exercise, coordination, & cognitive attention (<90% Max HR)	Complex drills (passing, agility). May resume progressive resistance training/weightlifting.
5	Full Contact Practice	Restore confidence & assess functional skills	Participate in normal controlled practice.
6	Full Competition	Full return to play	Unrestricted game play.

For any questions regarding these protocols, please contact the Cass School District 63 Administration Office at 331-481-4000, or your school's nurse.