

## **BVSD Return to Activity (RTA) after Concussion Protocol - Secondary**

### **SECONDARY LEVEL - PHYSICAL EDUCATION RETURN TO ACTIVITY PROTOCOL**

At the Secondary level, the Concussion team and the Physical Education (PE) teacher will use two methods to return a post-concussion student to activity; an extended 7 day period of restricted physical activity after return to full academic schedule, and a graduated first day return to PE. This protocol is based on best practice guidelines for youth and the use of a graduated return to play process. Because there is less research on concussions in youth, less is known; therefore, conservative management is appropriate (a longer asymptomatic period before returning to activity). This approach also provides non-athletes the same 'graduated rest' as athletes receive in the graduated return to play process. At this time, best practice recommends waiting 7 days after the last symptoms are reported to begin physical activity.

**Return to Activity Protocol for Secondary level begins seven (7) days after the student has been 'cleared' academically or after their last reported symptom.**

1. The concussion team leader will inform the student's teachers, including PE, after all classroom adjustments have been removed and the student no longer reports any symptoms.
2. The PE teacher will note the start date of 'no academic adjustments – student cleared' and will have the student participate in class on the 7<sup>th</sup> day (including weekend days) as long as the student does not report any symptoms during the 7 day waiting period.
3. On the first day participating in PE, the student will be engaged in light to moderate activity, determined by the PE teacher in relation to the content of the class.
4. After class the PE teacher will complete the Return to Activity (RTA) Form. This form is used to document how the student responded to physical activity. The form will be returned to the concussion team leader or health room.
  - a. If the student reports no symptoms, the student will then be fully cleared and no additional restrictions will remain in effect. At this time, the student will be cleared to participate fully in recess, PE and other physical activities at school.
  - b. If the student reports any concussion associated symptoms as determined by the RTA form, the concussion team leader will contact the School Nurse Consultant and the school administrator and the student will be reevaluated.

## BVSD Return to Activity Checklist – Post Concussion

Student Name: \_\_\_\_\_

Date: \_\_\_\_\_

Class: \_\_\_\_\_

This form is used to document that \_\_\_\_\_ has participated in physical education class after being cleared of concussion symptoms and all academic adjustments. The student is considered fully cleared of their concussion when they have no reported symptoms and academic adjustments, have had a 7 day, full academic schedule with no reported symptoms, and then have participated in PE with no reported symptoms.

Immediately after class the PE teacher should document the student's response to the following questions and provide this documentation to the Concussion Team Leader/Health Room.

Symptom	Yes	No
Does your head hurt? (headache)		
Do you feel like you might throw up? (nausea)		
Do you feel dizzy? (balance problem)		

If the student answers '**No**' to these questions, the student will be considered fully cleared and able to participate in all school physical activities. The concussion team will then remove all physical restrictions.

If the student reports '**Yes**' to any of the symptom questions, the student should be taken to the health room and the parent should be contacted. The School Nurse, concussion team and family will then discuss follow up.

Name of Teacher: \_\_\_\_\_

Date: \_\_\_\_\_