



Documentation for a Diagnosed Concussion: Return to Learn / Return to Physical Activity Plan

Stage 1 – Return to Learn/Return to Physical Activity

- *Completed at home for the first 24-48 hours.*
- *Encourage gentle activity. Avoid sports.*
- *Examples of activities at this stage:*
 - *Moving around the home and light walking.*
 - *Short games/ activities (e.g. puzzles, board games, drawing, crafts).*
 - *Social interaction (e.g. with family, friends).*
 - *Minimize screen time (e.g. phone, TV, computer, tablet).*

Student is reading to progress to Stage 2 RTL/ RTPA after a maximum of 24-48 hours. It is okay for a student's symptoms to worsen mildly and briefly at this stage.

☐ My child will be returning to school at RTL and RTPA Stage 2.

Note: If your child is not returning to school after Stage 1, they should complete their activities from RTL/ RTPA - Stage 2 at home and return to school when they are ready to progress to RTL/ RTPA – Stage 3.

Parent/Guardian signature: _____ Date: _____

Comments:

Stage 2a – Return to Learn

- Increase tolerance to cognitive activities and school environments (as appropriate).
- *Examples of activities at this stage:*
 - *Gradual reintroduction of light cognitive activities (e.g. reading, short periods of schoolwork with frequent breaks) as tolerated.*
 - *Accommodations (e.g. access to breaks, additional time to complete work, dim lighting) may be required.*
 - *Continue to prioritize social interactions; this is preferably done at school.*
 - *Start with short periods of screen time and build up as tolerated.*
 - *Avoid any activity that puts the student at risk of falling or experiencing another impact to the head, neck or body until fully recovered and have been medically cleared.*

Students can progress to RTL – Stage 3 when they can tolerate Stage 2 activities. It is okay for a student's symptoms to worsen mildly and briefly at this stage.



Stage 2b – Return to Physical Activity

- *Student can participate in individual light-to moderate-effort aerobic activities (e.g. walking, swimming, fitness activities, light resistance training).*
- *Activities should be supervised/ monitored by parents/ guardians, teacher/ supervisor/ coach.*
- *Avoid any activity that puts the student at risk of falling or experiencing another impact to the head, neck or body until fully recovered and have been medically cleared.*

☐ My child is ready to progress to RTL – Stage 3.

Parent/Guardian signature: _____

Date: _____

Comments:

Stage 3 – Return to Physical Activity

- *Student may begin individual movement skills/ sport-specific physical activity.*
- *Activities should be supervised/ monitored by parents/ guardians, teacher/ supervisor/ coach.*
- *Avoid any activity that puts the student at risk of falling or experiencing another impact to the head, neck or body until fully recovered and have been medically cleared.*

A student can progress to **RTPA – Stage 4** when they:

- are symptom-free from concussion-related symptoms at rest and at full physical exertion,
- has successfully completed stages 2 and 3,
- has received written medical clearance from a medical doctor or nurse practitioner.

☐ Appendix 2 will be returned to the parent/ guardian to obtain medical doctor/ nurse practitioner diagnosis and signature.

Teacher signature: _____

Date: _____

Stage 4 - Medical Examination:

I, _____ (medical doctor/nurse practitioner name) have examined
(_____) and confirm he/she continues to be symptom free and is able to return to regular
physical education class/intramural activities/interschool activities in non-contact sports and full
training/practices for contact sports.

Signature: _____

Date: _____

Medical Doctor/Nurse Practitioner

Comments:



St. Clair Catholic

District School Board

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Parent/Guardian

- ☐ My child is symptom free after participating in activities in practice where there is body contact and has permission to participate fully including games.

Parent/Guardian signature: _____ Date: _____

Comments:

NOTE: Principal / Staff Lead must file this original in the student's OSR.

Principal / Staff Lead signature: _____ Date: _____

Reproduced and adapted with permission from Ophea, Ontario Physical Education Safety Guidelines, Sample Return to School Plan – Stages 1 to 3 Form (Concussion) and Sample Return to School Plan – Stages 4 to 6 Form (Concussion), 2025.