



## Return to Play Progression Elementary

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

Date of Injury: \_\_\_\_\_

A concussion is a brain injury caused by a bump, blow, or jolt to the head or body that causes the brain to move back and forth quickly in the skull. Elementary students will not return to play the same day as an injury, regardless of whether they have received medical clearance. Rest Is Best!

Each student is unique and there is no set timeline for return to activity. Signs and symptoms of concussion may last for days, weeks or longer. A student who has sustained a concussion will follow a gradual progression to full play while remaining symptom free. There must be at least 24 hours between each level of activity. If symptoms recur (reported and/or observed) the student must stop to rest for a minimum of 24 hours and be symptom free before resuming the return to play protocol. Students should be encouraged to tell an adult if symptoms are experienced.

The gradual progression to return to play takes at least 1 week. Any concerns about the recovery of a student should be communicated to the school RN/health room.

To ensure a safe return to play a sequence of steps will be followed.

✓	<u>Date(s)</u>	<u>Step</u>	<u>Clarification</u>
<input type="checkbox"/>	_____	No activity	No PE or recess
<input type="checkbox"/>	_____	Light aerobic activity	No PE activities; walking at recess OK Symptoms _____
<input type="checkbox"/>	_____	Sport-specific activity	PE and recess/light activity OK Symptoms _____
<input type="checkbox"/>	_____	Non-contact training drills	PE and recess OK; no contact sports Symptoms _____
<input type="checkbox"/>	_____	Full contact practice	Return to PE and recess Symptoms _____
<input type="checkbox"/>	_____	Full return to activity	Progression complete

PE Teacher/Health Room Signature \_\_\_\_\_ Date \_\_\_\_\_