

## Chart 2: Steps and Responsibilities for Medically Diagnosed Concussions

For all concussions/head injuries complete and submit OSBIE Incident Report to office

**PARENT:** Return Suspected Concussion Injury Form to Principal/Vice Principal

### SIGNS/SYMPTOMS PRESENT

**STEP 1** – Complete Cognitive & Physical Rest at home.  
No screen time or physical activity



Student can return to school

#### Principal/Designate:

- informs appropriate staff of concussion.
- gives parent **Return to Learn/Return to Physical Activity Plan** and **Medically Diagnosed Concussion Injury Forms 1 and 2.**

#### Parent/Guardian

Informs principal/designate of completion of Step 1 of Return to Learn/Return to Physical Activity Plan

### SYMPTOMS ARE IMPROVING

**Step 2A Return to Learn ( Some Symptoms Present)**  
Student returns to learn with an Individualized Learning Plan

Note: No Physical Activity until student is symptom free

### SYMPTOM FREE

**PARENT:** Returns signed **Diagnosed Concussion Injury Form 1** to Principal/Designate

**CAUTION:** If at any time symptoms return, all activities must immediately stop and the student's parent/guardian is requested to have student re-examined by a medical doctor/nurse practitioner to determine what step the student must return to.

**Step 2B Return to Learn- No Symptoms**  
Student returns to regular learning activities



**Step 3 Return to light/aerobic activity – no symptoms**  
(ex. Walking, non-contact games, limited running, lifting, strenuous activities)



**PARENT:** Informs the principal/designate of completion of Step 2B Return to Learn/Physical Activity form

**Step 4 Return to light physical activity**  
(ex. skating, exercise programs, non-contact drills, play structures)



**NOTE:** a student involved in any physical activities (Phys. Ed. and/or sports) at school may end the plan after 2B

**Step 5 Return to Moderate physical activity**  
(ex. non-contact sports)



**PARENT:** Returns signed Diagnosed Concussion Injury Form 2 INCLUDING written documentation of a medical examination

**Step 6 Return to non-competitive full contact physical activities**  
(ex. team practices, fitness games, etc.)



**Step 7 Return to full contact activities (competitive sports)**  
(ex. soccer, football, hockey, etc)



#### Responsibilities:

Principal/VP/Designate  
Parent/Guardian  
Teacher/Supervisor/Coach  
Student