

Summary of Return to Learn/Return to Physical Activity Plan

The Return to Learn/Return to Physical Activity Plan (OPHEA Safety Guideline) is a collaborative effort between home and school to support the student's progress through the plan following a diagnosed concussion.

The 6 Step Plan is necessary and identifies the sequence of supporting a Return to Learn priority prior to a Return to Physical Activity focus.

A minimum of 24 hours is necessary for EACH step.

Summary of Steps:

Return to Learn/Return to Physical Activity – Step 1

- Completed at home; Cognitive Rest; and Physical Rest
- If symptom free, student may go directly to Return to Learn Step 2b and Return to Physical Activity Step 2

Return to Learn – Step 2a

- Symptoms improving
- Return to school with monitored re-integration to classroom and cognitive effort; and Physical Rest

Return to Learn – Step 2b

Note: Return to Learn Step 2b and Return to Physical Activity Step 2 occur concurrently

- Symptom free
- Return to regular school routine, learning activities

Return to Physical Activity – Step 2

- Light aerobic physical activity; and regular learning activities

Return to Physical Activity – Step 3

- Begin sport specific type of physical activities

Return to Physical Activity – Step 4

- Greater range of physical activity options permitted, but no body contact

Return to Physical Activity – Step 5

- Full participation in all non-contact type physical activities, and return to training in contact sports

Return to Physical Activity – Step 6

- Full participation, no restrictions