

ECCUSD Return to Learn (RTL) Protocol

For students returning to school after receiving a concussion.

Phase 1, part A:

Student will stay home the day following the injury and will track symptoms using the Symptom Evaluation (SE) sheet provided by the school, when available. The SE will be completed when the student wakes up and before bedtime. The first 24 hours, the student must have complete cognitive rest. This means that the student will have no interaction with television, computer screens, cell phones, gaming consoles, etc. and will stay at home in order to reduce the amount of stimuli and exposure to triggers that can increase symptoms. *Student will need to be symptom free for a full 24 hours before beginning part B of Phase 1: Light mental activity at home.*

Phase 1, part B:

Student will complete a SE upon waking up. Student will stay home with light mental activity allowed up to 30 minutes with a SE at the end of the activity, followed by a rest period of one to two hours. If student is asymptomatic then repeat the process. If the student's symptoms recur during the first 30 minutes, then a second SE will be done after the rest period to determine if the issues resolved, stayed the same, or were made worse. If symptoms (1) resolved, a student may complete light homework for up to 15 minutes then repeat SE, followed by a rest period. (2) If symptoms stayed the same or were made worse while resting, student will have complete rest for the remainder of the day and repeat the phase the next day. *This phase is completed and the student may begin to reintegrate back into school only when the student can complete a full day of light mental activity at home with no recurrence of symptoms, or has a full resolution of symptoms with rest.*

Phase 2: Two class periods* with Maximum Accommodations[†]:

Student will complete a SE at the nurse's office when arriving at school. The student will spend 30 minutes in one class period, and then return to nurse's office to recheck symptoms and rest for the remainder of the class time. This same procedure will be followed for the second period. They will return home after their second class period. If the student reports any symptoms after time in class, the student is to rest for at least 30 minutes in the nurse's office- with no mental activity - and have symptoms rechecked to see if they have resolved after the rest period. If they resolved completely, the student may complete the next period. If they improved, but did not completely resolve then the student will need to rest up to 30 more minutes and recheck symptoms again. If symptoms returned to normal then student may go back to class for 30 minutes or the remainder of the period, whichever is the lesser of the two. If the symptoms do not completely resolve after the additional rest time then parents will be notified by the nurse or AT and the student will be sent home and repeat the phase again. *This phase is completed when the student can attend two class periods with accommodations with no recurrence of symptoms, or symptoms resolved with rest periods, for one red day AND one black day.*

No written reports, tests or quizzes at this time. Please allow extra time on assignments, or modify assignments to fit the student's current needs.

Phase 3: Two class periods * w/ moderate accommodations[†]:

The student will fill out SE in nurse's office upon arriving at school and before student leaves to return home if no complaints of symptoms through two class periods. The student will complete two class periods as normal. If symptoms return during class time the student will report to the nurse during that particular class and the student is to fill out a SE and then rest for at least 30 minutes in the nurse's office- with no mental activity. Symptoms will be rechecked to see if they have resolved after the rest period. If symptoms resolved completely, the student may complete the next period, if applicable. If symptoms improved, but did not completely resolve then the student will be given up to 30 more minutes of rest and recheck symptoms again. If symptoms returned to normal then student may go back to class for 30 minutes or the remainder of the period, whichever is the lesser of the two. If the symptoms do not completely resolve after the additional rest time then a decision will be made regarding notifying the parents and having the student go home. If student is sent home, the phase will be repeated the next attendance day. If the student is asymptomatic, or symptoms resolve with rest, then while at home the student may work on homework for missed classes following the Phase 1, part B instructions. *This phase is complete when a student can attend two class periods with moderate accommodations with no recurrence, or a resolution of symptoms with rest for a red day AND a black day.*

No written reports, tests or quizzes at this time. Please allow extra time on assignments, or modify assignments to fit the student's current needs.

Phase 4: Full day attendance with maximum accommodation:

Student will complete SE with nurse when arriving at school. Student will complete first half of day as a regular day. During 3rd and 4th period, the student will complete the afternoon as they would Phase 2 and 3. 30 minutes during 3rd hour, reporting to the nurse for SE and rest. If no symptoms, student may return to class for the remaining 15 minutes. Fourth hour will follow same procedure. If the student has recurring symptoms that do not resolve completely, but do improve with resting during the period, an extra 30 minutes may be added, going into the next period. If no resolution, parents will be notified to pick student up and they will repeat the process the next attendance day. If a student has recurring symptoms that do resolve, but missed the 4th hour class due to extended rest time, the phase will need to be repeated. *This phase is completed when the student can complete two full periods as normal and two later periods, 30 minutes each, with no recurrence or a resolution of symptoms with given rest periods on a red day AND a black day. No written reports, tests or quizzes at this time. Please allow extra time on assignments, or modify assignments to fit the student's current needs.*

Phase 5: Full day attendance w/ no accommodation:

The student will attend school as normal. If the student experiences symptoms while in class, they will go to the nurse's office for rest and perform a SE to see if symptoms resolved after rest time. If resolved, the student may go back to class. If not resolved or worsened, parents will be notified and the student will be sent home and repeat the full day w/ no accommodations the next day. *This phase is complete when a student can participate in a full day of school with no recurrence of symptoms or has a resolution of symptoms after rest period for a red day AND a black day. Written reports, tests and quizzes may be added AFTER this step has been completed.*

Attendance Recording:

When students are excluded from school, for either partial days or full days, as specified in the Return to Learn Protocols, these days will be considered a student absence but will be recorded as an excused medical (doctor) absence.

**Class periods will be decided by the parents, students, ECCUSD school nurse and the WGH certified athletic trainer to accommodate academic schedule and individual needs based on the injury.*

**If a student chooses to attend lunch during these phases, they will check in with the nurse, or AT, whichever one is available, after they eat in order to rate how they feel after being exposed to a more stimulated environment.*