



# MINOOKA COMMUNITY HIGH SCHOOL DISTRICT # 111

*Mission: To inspire and motivate our students with an educational experience that leads to achievement and success.*

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## Post-Concussion Return-to-Learn and Return-to-Play Guidelines

A student's best chance of full recovery from a concussion involves two critical components: ***cognitive and physical rest***. Continued research has focused on the fact that cognitive rest is essential to the quick resolution of concussion symptoms. Cognitive stimulation includes: driving, video games, computers, text messaging, cell phones use, loud and/or bright environments, television, reading and studying. These stimuli must be limited, and in most cases, completely avoided for a period of time during recovery. Physical activity such as physical education, athletics and strength or cardiovascular conditioning must be completely avoided or regulated while recovering from a concussion.

*It is recommended that this protocol should be shared with the student's primary care physician (licensed to practice medicine in all its branches, i.e. pediatrician) during the initial visit.*

### Points of Emphasis:

- It is important to note that the recovery from a concussion is a very individualized process. Caution must be taken not to compare students with concussions as they progress through the recovery process.
- For the concussion care protocol to be initiated the student must be initially evaluated by a primary care physician and documentation must be provided to the school nurse. An emergency room/acute care note can be used temporarily until seen by the student's primary care physician within one week.
- The student's missed academic work will be reviewed and granted extra time to complete in conjunction with the physician recommendations and district policy.
- As the student's recovery progresses through Stages 1-3, teachers should identify essential academic work in each subject and collaborate with department supervisors, as needed, to determine potential reduction in course workload. This will promote healing and help reduce the student's anxiety level related to the perceived volume of work that will be required once the student is medically cleared to resume a full academic load.
- The teacher has the option of assigning the student a grade of incomplete for the progress mark, final exam and/or semester grade.
- **For the student athlete:** it is important upon return to school the student report to the athletic trainer and school nurse to monitor symptoms and determine progression to the next stage within the concussion care protocol.
- **For the non-athlete student:** report only to the school nurse daily.