

The Bement School:
Return To Learn (RTL) Plan

Activity Stage	Description	Date Stage Completed (Date & Initial by School Nurse or Advisor)
1. Minimal Cognitive Activity	<p><u>Complete “brain rest” either in dorm or RN office. No classes:</u></p> <ul style="list-style-type: none"> • NO screens (iphone, tablet, TV, computer), reading, loud music, video games, etc. • Important not to isolate student so have them rest if moderately or significantly symptomatic but, otherwise, have them go for brief walks, do coloring books, work on a puzzle and/or attend group meals/activities as tolerated. • If symptoms have not improved with rest in 2-3 days, return to doctor. 	
2. Return to School and Schoolwork (Initial)	<p><u>If symptoms improved, attempt light reading on paper for 20 minutes. If reading does not worsen symptoms, begin classes & homework as tolerated:</u></p> <ul style="list-style-type: none"> • Start with 20 min homework per day and increase as tolerated. • Limit screen time (tv, computer, iPhone, tablet) < 30 min/day and advance as tolerated. NO video games. • No timed or untimed graded assignments (tests, quizzes, essay projects) • No sport or athletic activities except low grade cardio per physician discretion (see RTP) • Attend classes as tolerated. If becomes symptomatic during class come rest at RN office. May only be able to tolerate 1-2 classes or only a half-day initially. 	
3. Return to School and Schoolwork (Partial)	<p><u>If only mildly but daily symptomatic , tolerating most of classes and 30-40 min of homework:</u></p>	

	<ul style="list-style-type: none"> • Continue classes and homework as tolerated • May do non-timed graded assignments (ie out of class essays, projects etc) with extensions as needed • No timed graded assignments (tests, quizzes) • No sport or athletic activities except low grade cardio per physician discretion (see RTP) • If symptomatic during classes come rest at RN office 	
4. Return to School and Schoolwork (Full)	<p><u>If tolerating all of classes and homework without limit but still occasional symptom (ie every other day):</u></p> <ul style="list-style-type: none"> • Continue classes and homework as tolerated • May do non-timed graded assignments (ie out of class essays, projects etc) with extensions as needed • May do timed graded assignments (tests, quizzes) if asymptomatic at time of assessment (proceed gradually; start with shorter quizzes before longer tests) • If symptomatic during classes come rest at RN office 	
5. Return to Complete Activity	<p><u>If asymptomatic for 48hr:</u></p> <ul style="list-style-type: none"> • Normal school schedule, homework, and afterschool/extracurricular activities. • Have student see school physician for clearance to start RTP 	

- Please understand the above is a guideline and can be modified by the School Physician or Nurse per clinical discretion
- Students should spend at least 24 hours at each stage and meet the underlined criteria before progressing to the next stage.
- During recovery, students may need extra time and educational adjustments to perform school-related curricular activities.
- During the student’s recovery, their advisor and teachers should focus on helping the student, as tolerated, to understand the basic concepts and principles of the academic material being taught as opposed to mastery of the subject.
- If concussion symptoms start to return or worsen, it is best to reduce schoolwork or cognitive activity until symptoms have improved. Watch for headache, irritability, trouble concentrating or finishing work, frustration, or decreased ability to perform school work.

The Bement School -Upper School:
Return to Play (RTP) Plan

Rehabilitation Stage	Functional Exercise at each stage of Rehabilitation	Stage Completed without return of symptoms (Date & initial by school nurse or athletic director)
1. Minimal Activity	Complete physical and cognitive rest	
2. Light Aerobic Exercise (aka Light cardio)	Low-intensity walking, swimming, or stationary bike “barely or doesn’t break a sweat”	
3. Moderate Aerobic Exercise	Moderate intensity running/sprints, swimming or stationary bike. “breaks a sweat” May also do warm up or conditioning with team. No skill drills. Nothing that involves or potentially could result in head impact.	
4. Non-contact Training Drills	Progression to more complex training drills, ie passing drills in football and ice hockey. Nothing that involves contact or significant risk of head impact.	
5. Full Contact Practice	Participate in normal training activities.	
6. Return to Play	<u>AFTER form completed and being cleared by School Physician,</u> may fully participate in a game	

Br J Sports Med 2009; 43(Suppl 1):i76-i84 - modified by BB

Concussive Symptoms: headache, “pressure in head”, nausea, vomiting, dizziness, balance issues, double/blurred vision, feeling “foggy”, sensitivity to light or noise

- Students may progress to the next stage only after at least 1 day of activity without symptoms. Do not attempt more than one stage per day. Do not skip stages.
- If concussion symptoms occur, the student should rest for at least 24 hours and, once asymptomatic, go back one stage.
- If symptoms recur despite rest, the student must be seen by the school physician before starting any physical activity.

The Bement School – Lower School:
Return to Play (RTP) Plan

Rehabilitation Stage	Functional Exercise at each stage of Rehabilitation	Stage Completed without return of symptoms (Date & initial by school nurse or athletic director)
1. No Activity	Complete physical and cognitive rest	
2. Light Aerobic Exercise (aka Light cardio)	Low-intensity walking, swimming, or stationary bike “barely or doesn’t break a sweat”	
3. Moderate Aerobic Exercise	Moderate intensity running/sprints, swimming or stationary bike. “breaks a sweat” No skill drills. Nothing that involves or potentially could result in head impact.	
4. Non-contact PE	May participate in full session of PE but avoid activity that potentially could result in head impact (ie dodgeball)	
5. Full participation PE	<u>AFTER form completed and being cleared by School Physician</u> , may participate in normal full session of PE.	

Br J Sports Med 2009; 43(Suppl 1):i76-i84 (date column inserted by Bement School)

Concussive Symptoms: headache, “pressure in head”, nausea, vomiting, dizziness, balance issues, double/blurred vision, feeling “foggy”, sensitivity to light or noise

- Students may progress to the next stage only after at least 1 day of activity without symptoms. Do not attempt more than one stage per day. Do not skip stages.
- If concussion symptoms occur, the student should rest for at least 24 hours and, once asymptomatic, go back one stage. (i.e. symptomatic with stage 4, rest for 24hr, repeat stage 3 and advance as tolerated)
- If symptoms recur despite rest, the student must be seen by the school physician before starting any physical activity.