

Concussion Protocol

Return to Learn / Return to Play

District 91 is committed to upholding the safety and promoting the well-being of all students. In accordance with Illinois state law, Senate Bill 219, District 91 has adopted guidelines and developed forms in compliance with IESA, IHSA, and the CDC for students returning to the classroom and/ or physical activity after sustaining a concussion. Knowledge of a concussion's potential effects on a student, and appropriate management of the Return-to-Learn and Return-to-Play protocols is critical for helping students recover from a concussion.

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a fall or blow to the body that causes the head and brain to move rapidly back and forth. After a student has been diagnosed with a concussion by a licensed health care professional, a combined effort between the treating healthcare professional, home and school is important to ensure your student's successful return to the classroom and interscholastic athletics.

The following is District 91's policy on returning to learn:

The treating physician has provided a written statement indicating that, in the physician's professional judgment, it is safe for the student to return to learn; and the student and the student's parent or guardian or another person with legal authority to make medical decisions for the student: have acknowledged that the student has completed the requirements of the return-to-learn protocol.

The following is District 91's policy on returning to play:

Any athlete even suspected of suffering a concussion will be removed from the game or practice immediately. No athlete may return to activity after an apparent injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. A student athlete may not return to play, practice, or school until the athlete has provided his or her school with written clearance from a physician licensed to practice medicine in all its branches in Illinois or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches in Illinois.

As stated in District 91's policy, the student and the student's parent or guardian must complete the Return-to-Learn and Return-to-Play Consent Form when beginning the student's transition back to school and when appropriate the Return to Athletic Participation Consent Form for the student's full participation in interscholastic activities.

Rest is very important after a concussion because it helps the brain to heal. Ignoring your symptoms and trying to “tough it out” often makes symptoms worse. When symptoms have reduced significantly, in consultation with a licensed healthcare professional, daily activities such as, school may be gradually returned to. Please review the following District 91 Concussion protocols for Return-to-Learn and Return-to-Play.

Stage 1: No School (Stay Home)

- Complete cognitive and physical rest
- No PE / Recess / Gym
- No Homework
- No texting, video games, TV, or computer use
- Unable to tolerate 30 minutes of mental exertion

Date Attained _____

Stage 2: Limited School Attendance / Maximum Accommodations

- No PE / Recess / Gym
- Provide quiet and/or darkened room for rest breaks
- Allow extra time for work; limit/modify work load (including homework)
- No major/standardized testing
- Able to tolerate 30-45 minutes of mental exertion

Date Attained _____

Stage 3: Full Day Attendance / Minimal Accommodations

- No PE / Recess / Gym
- Allow for strategic rest breaks (in class or clinic)
- Increase work load / Begin working on missed work/assignments
- Modify homework load
- Student able to tolerate 60 minutes of mental exertion

Date Attained _____

Stage 4: Full Academics / No Accommodations

- Develop realistic timeline for completing assignments
- Student is symptom free
- May resume PE / Sport / Recess / Gym, if written clearance from a Licensed Healthcare Provider is received

Date Attained _____