

Unit 7 Return to Learn Protocol
For Students that have Sustained a Concussion

Return to Learn Team

Scott Athletic, Director--Point Person for all Athletes

Julie Decker, Counselor, HS Students A - L -- Point Person for Non-Athletes

Shannon Mills, Counselor, HS Students M - Z -- Point Person for Non-Athletes

Stephanie Grussing, JH Counselor -- Point Person for Non-Athletes

Shelley Short, Nurse

Josh Shride, Athletic Trainer

Return to Learn Protocol

- I. Student sustains a concussion
 - A. During a practice, athletic event, at school or outside of school a concussion is sustained.
 - B. Student is diagnosed with a concussion at a medical facility by a doctor or at an athletic event by an Athletic Trainer
 - C. The school is informed of the concussion
 - a. By either a medical note from student's physician or Athletic Trainer present when concussion sustained

- II. Student returns to school
 - A. Prior to student's return, it is recommended that they meet with a physician or Unity's Athletic Trainer to begin the *Return to Learn* process (documentation required)
 - B. Athletes should report directly to the Athletic Director who will then contact the student's counselor
 - C. Non-Athletes should report directly to their counselor
 - D. The appropriate point person will notify the School Nurse

- III. School Counselors take action regarding the student's diagnosis
 - A. Counselor contacts student's parent or guardian to gather any further information
 - B. Counselor and student meet to discuss possible accommodations
 - C. Counselor notifies the student's teachers of accommodations
 - a. Concussions are unique to each individual--accommodations will reflect these differences and will vary on a case by case basis
 - i. Some of the more common accommodations include:
 1. Take rest breaks as needed
 2. Spend fewer hours at school

3. Extended time on tests, quizzes and assignments
4. Receive additional assistance with school work
5. Reduce time reading books or computer screens
6. Reduce assignments as needed
7. PE accommodations per doctor or Unity Athletic Trainer's recommendation

IV. Monitor student progress

- A. After two days of accommodations in place, counselor will check-in with student
- B. One week after concussion, counselor and student reevaluate accommodations and concussion symptoms with school nurse
- C. Counselor, student and school nurse reconvene weekly as symptoms persist

V. Student is declared to be symptom free from concussion

- A. Athletic Trainer or student's doctor declares the student no longer has concussion like symptoms (documentation required)
- B. The *Return to Learn* accommodations are stopped
 - a. Counselor notifies parents and teachers
- C. One week after doctor release, counselor checks-in with student to ensure student remains symptom free