



Medical Appointment: Documentation and Assessment for Concussion

The student named below is suspected to have sustained a concussion. Students with a suspected concussion are to be referred to a physician for same day medical assessment.

Students must be evaluated by a physician (General Practitioner or Emergency/walk-in clinic doctor) and have the following documentation completed and returned to the school within 24–48 hours. The student will not be allowed to “Return to Learn, Return to Play” until this form is completed and signed by the attending physician.

Student’s name: _____ Date of suspected concussion: _____

The attending physician to complete the information below:

Appointment date: _____

Physician’s name: _____ Physician’s signature: _____

- The above student has been assessed and DOES NOT have a concussion. The student may immediately resume all activities without restriction.
- The above student has been assessed and DOES have a concussion. Please circle the “Step Number” the student should follow as per the “Return to Learn; Return to Play” flowchart found on the opposite side of this document:

Return to Learn: Commence Step # 1 2 3 4 5 6

Return to Play: Commence Step # 1 2 3 4 5

Date of follow-up evaluation
(Required for students with concussions) _____

Additional comments: _____

Please note: This form MUST be returned within 24–48 hours of the appointment to the STM Athletic Director, Mr. J Borthistle, before returning to classes and/or physical activity. Parents/guardians will arrange to take their child to and from any and all follow-up medical appointments concerning the suspected concussion. The follow-up arrangements are covered by BC MSP. However, some physicians may charge a fee for medical “Return to Learn, Return to Play” notices.



ST. THOMAS MORE COLLEGIATE

HOME OF THE KNIGHTS SINCE 1960

Return to Learn

Step 1: No academic/cognitive activity

- Full rest, quiet dark space for 24–48 hours
- No screen time (laptop, cell phone, TV)
- If student has a driver's license, he/she should not drive

Step 2: Light academic activity

- Limited attendance (1-2 blocks per day)
- Student may work in quiet space (i.e. library) if needed

Step 3: Increased academic activity

- Increased attendance (2-3 blocks per day)
- Student may work in quiet space (i.e. library) if needed

Step 4: Full time attendance

- Single class exceptions if needed
- Student will return to the classroom with the exception of certain courses (PE, music, etc.)
- Student may work in quiet space if needed

Step 5: Return to majority of academic activities

- Full time attendance in all subjects, no testing until cleared by physician

Step 6: Return to full academic program

- Full time attendance, testing resumes

Return to Play

Step 1: Physical rest until no symptoms

- Symptoms period x 2 plus one day
- Removal from all practices, games and physical activity including PE
- If student has a driver's license, he/she should not drive

Step 2:

- Light exertion for 10–15 minutes (i.e. walking, stationary bike, swimming)

Step 3:

- Increase exertion for 20–30 minutes (i.e. weight training, interval training, etc.)

Step 4:

- Sport specific non-contact activity

Step 5:

- Sport specific contact activity after cleared by physician

Please note: There must be a minimum of 24 hours symptom-free between each step. If at any point symptoms return, the student must return to Step #1 and begin again.



Medical Appointment: Follow-up for Suspected Concussed Students

The student named below was suspected to have sustained a concussion, has been assessed by a physician and has not participated in sports, and may not have attended school since that time. This form documents the follow up assessment and the physician's decisions.

Student's name: _____ Date of suspected concussion: _____

The attending physician to complete the information below:

Appointment date: _____

Physician's name: _____ Physician's signature: _____

- The above student's concussion symptoms have *resolved* and he/she may return to full academics and play (recreational & competitive/contact sport)
- The above student has *ongoing* concussion signs/symptoms. Please circle the stage of "Return to Learn, Return to Play" that the student is currently at (refer to opposite side of page):

| | | | | | | | |
|------------------|-----------------|---|---|---|---|---|---|
| Return to Learn: | Commence Step # | 1 | 2 | 3 | 4 | 5 | 6 |
| Return to Play: | Commence Step # | 1 | 2 | 3 | 4 | 5 | |

Date of follow-up evaluation
(Required for students who are continuing on concussion protocol) _____

Additional comments: _____

Please note: This form MUST be returned within 24–48 hours of the appointment to the STM Athletic Director, Mr. J Borthistle, before returning to classes and/or physical activity. Parents/guardians will arrange to take their child to and from any and all follow-up medical appointments concerning the suspected concussion. The follow-up arrangements are covered by BC MSP. However, some physicians may charge a fee for medical "Return to Learn, Return to Play" notices.



ST. THOMAS MORE COLLEGIATE

HOME OF THE KNIGHTS SINCE 1960

Return to Learn

Step 1: No academic/cognitive activity

- Full rest, quiet dark space for 24–48 hours
- No screen time (laptop, cell phone, TV)
- If student has a driver's license, he/she should not drive

Step 2: Light academic activity

- Limited attendance (1-2 blocks per day)
- Student may work in quiet space (i.e. library) if needed

Step 3: Increased academic activity

- Increased attendance (2-3 blocks per day)
- Student may work in quiet space (i.e. library) if needed

Step 4: Full time attendance

- Single class exceptions if needed
- Student will return to the classroom with the exception of certain courses (PE, music, etc.)
- Student may work in quiet space if needed

Step 5: Return to majority of academic activities

- Full time attendance in all subjects, no testing until cleared by physician

Step 6: Return to full academic program

- Full time attendance, testing resumes

Return to Play

Step 1: Physical rest until no symptoms

- Symptoms period x 2 plus one day
- Removal from all practices, games and physical activity including PE
- If student has a driver's license, he/she should not drive

Step 2:

- Light exertion for 10–15 minutes (i.e. walking, stationary bike, swimming)

Step 3:

- Increase exertion for 20–30 minutes (i.e. weight training, interval training, etc.)

Step 4:

- Sport specific non-contact activity

Step 5:

- Sport specific contact activity after cleared by physician

Please note: There must be a minimum of 24 hours symptom-free between each step. If at any point symptoms return, the student must return to Step #1 and begin again.