



# Fowlerville High School Athletics

## Return to Learn Protocol

### Stage 1: No School:

Check all that apply to each stage

- Number of school days recommended missed \_\_\_\_\_ due to concussion symptoms per physician recommendation
- Limit use of computer, video games, and TV screening time: \_\_\_\_\_ hours per day (home and school use)
- No Testing (including standardized, SATs, ACTs) until: \_\_\_\_\_
- Classroom: allow student to obtain class notes or outlines ahead of time or allow student to photocopy a classmates notes

### Stage 2: Half day school (attendance only): Student can go to quiet\* room until symptoms subside before returning to class

- Number of half days to be attended \_\_\_\_\_ due to concussion symptoms per physician recommendation
- Limit use of computer, video games, TV screening time: \_\_\_\_\_ hours per day (home and school use)
- No Testing (including standardized, SATs, ACTs) until: \_\_\_\_\_
- Classroom: allow student to obtain class notes or outlines ahead of time or allow student to photocopy a classmates notes
- May need to break up half day hour section if student is not able to sustain 3-4 straight hours of school

### Stage 3: Full day of school with restrictions: Maybe longest stage with having to be the most flexible in regards to individual student needs

- Number of full days to be attended \_\_\_\_\_ due to concussion symptoms per physician recommendation
- 50% of homework and classwork, allow extra time for all assignments, may need cue material (notecards, etc.)
- Limit use of computer, video games, TV screening time: \_\_\_\_\_ hours per day (home and school use)
- Classroom: allow student to obtain class notes or outlines ahead of time or allow student to photocopy a classmates notes
- Student may need to go to quiet room\* if not able to sustain full day of school (may need an hour break before returning to next class period)
- May begin testing, 1 test in 24 hour time period

### Stage 4: Return to Learn:

- Full day of normal academics with no restrictions
- Plan in place for missed tests and assignments
  - Contact school counselor and/or teachers to make any missed assignments and/or tests

Comments:

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Physician Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please fax a copy to Fowlerville Athletic Department (fax # 517-223-6064) to attention Brian Osborn.**

\*Quiet room is located in the in-school suspension room

When a student is diagnosed with a concussion the signs and symptoms will be unique to them. The student may experience all the normal signs and symptoms of a concussion or they may only experience a few. Each student should be assessed on an individual basis for each episode they may have pertaining to their injury. Certain stages may take longer to achieve than others. If at any time concussion symptoms do not subside then the student needs to return to their physician for continued follow-up. This is only a suggested protocol to help a student to return to learn following a concussion.



**Brian Osborn – Athletic Director**  
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