

Return to Learn: Concussion Clearance Form

To be completed by a nurse or other school official

Youth Athlete's Name _____ Date of Birth _____

School/Organization _____ Team/Sport _____

Returning to School

Following an injury it is important for the student to return to learning or school when they are physically capable. Careful steps should be followed to safeguard the health of the young person and to ensure that they are able to complete the work. A student may not be allowed to return until after being cleared by a healthcare provider, but this is not always the case.

In some cases the student is able to return for partial or full days long before returning to any sport or activity. It is important for the school to make adjustments for the student to compensate for the injury.

Steps before Returning to Learn

1. Assess the students needs.
2. Create an intervention plan.
3. Monitor the plan.
4. Make adjustments until the student no longer needs help.

Physician's name (If a doctor is involved): _____ Date _____

School nurse or other responsible school official: _____ Date _____

Parent or Legal Guardian: _____ Date _____

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Symptoms and Appropriate Interventions	Expected period of time for intervention:
Physical symptoms (such as headache, nausea, dizziness, blurred or painful vision, sensitive to noise, neck pain, etc.)	
<input type="checkbox"/> Scheduled breaks, rest periods	
<input type="checkbox"/> Quiet room/environment	
<input type="checkbox"/> Additional breaks from classroom	
<input type="checkbox"/> No PE/recess/activity	
<input type="checkbox"/> Use of sunglasses	
Cognitive symptoms (such as trouble concentrating, difficulty with memory, mentally foggy, slow processing, etc.)	
<input type="checkbox"/> Classroom and Homework reduction	
<input type="checkbox"/> Extended assignment due dates	
<input type="checkbox"/> Exempt/postponed tests	
<input type="checkbox"/> Extra time	
<input type="checkbox"/> No PE/recess/activity	
Emotional symptoms (such as trouble controlling emotions or being upset, sad, nervous, or angry)	
<input type="checkbox"/> Quick signal between teacher and student	
<input type="checkbox"/> Inform staff that student could breakdown	
<input type="checkbox"/> Allow student time to themselves	
<input type="checkbox"/> No PE/recess/activity	
Maintenance symptoms (such as mental fatigue, drowsiness, sleepy in class, sleeping too much at home, unable to sleep at home, unable to go to sleep or stay asleep)	
<input type="checkbox"/> Rest breaks at school	
<input type="checkbox"/> Student can come to school later in the day	
<input type="checkbox"/> Half day for student	
<input type="checkbox"/> Allow student to leave early	
<input type="checkbox"/> No PE/recess/activity	