

Ascham Graduated Return to School Program



Ascham School

The Graduated Return to School Program utilizes the latest evidence-based research on how best to manage children and teens return to normal activities following either a suspected and/or diagnosed concussion. The program provides an integrated approach to both Return to Learn and Return to Play. Each student will be required to attend the School's Health Centre to provide a proactive and monitored response to the management of concussion.

Stage	Overview	Progress	Responsibility
ALL STUDENTS WITH A SUSPECTED CONCUSSION ARE ENCOURAGED TO BE REVIEWED BY A MEDICAL PRACTITIONER (DOCTOR)			
REST (AT HOME) 1 (AT HOME)	Complete Physical and Cognitive Rest <ul style="list-style-type: none"> Complete rest from all physical activities and learning activities. Avoid: Homework, computer use, texting, video games. Television, loud music, and music through headphones.	When Symptoms start to improve or after resting for 2 days (48 hours)	Student Parent/Carer
	Light Cognitive Activity <ul style="list-style-type: none"> Gradually introduce cognitive activity starting with 5-15min up to 30min intervals. No: School attendance, Homework, Sports or Co-Curricular Activities	Tolerates 60min of schoolwork in two 30min Intervals with no exacerbation of symptoms	
PARENT/CARER TO CALL ASCHAM HEALTH CENTRE – Phone (02) 8356 7267			
2 (AT SCHOOL)	Part Time School <ul style="list-style-type: none"> Part Time School with accommodations including reduced exposure load (e.g. ½ day with breaks in Health Clinic) Homework: up to 30min/day No: Practical PE, Gym Sessions, Physical Activity at recess/lunch, Assessments, Assemblies, Excursions, Co-Curricular Activities.	N.B. Attends School from 12pm on First Day of Return and Check-in at Clinic Tolerates 2 consecutive part-time school days with no exacerbation of symptoms.	Student, Parent/Carer Teachers, Year Coordinator Director of Studies Health Centre
3a (AT SCHOOL)	Full Time School <ul style="list-style-type: none"> Full Time School with limited accommodations No: Homework, Practical PE, Gym Sessions, Physical Activity at recess/lunch, Assessments, Excursions, Co-Curricular Activities	Tolerates 2 consecutive full-time school days with no exacerbation of symptoms.	Student, Parent/Carer Teachers, Year Coordinator Director of Studies Health Centre
3b (AT SCHOOL)	Light Exercise <ul style="list-style-type: none"> Once Symptom free, perform monitored physical (e.g. 20min on Stationary Bike) with HR between 120-140bpm. No: Homework, Practical PE, Gym Sessions, Physical Activity at recess/lunch, Assessments, Excursions, Co-Curricular Activities	Remain Asymptomatic during Stage 3 session and no exacerbation of symptoms post session for 24 hours.	Student, Parent/Carer Year Coordinator Health Centre
4 (AT SCHOOL)	Moderate Exercise <ul style="list-style-type: none"> Perform a 20min training session that involves speed and directional changes. Re-commence Homework No: Homework, Practical PE, Gym Sessions, Physical Activity at recess/lunch, Assessments, Excursions, Co-Curricular Activities	<ul style="list-style-type: none"> Remain Symptom Free for 24 hours following Stage 3. Remain Asymptomatic during Stage 4 session. 	Student, Parent/Carer S&C Team Year Coordinator Health Centre
5 (AT SCHOOL)	Non-contact Sport <ul style="list-style-type: none"> Return to full training for their sport. 	<ul style="list-style-type: none"> Remain Symptom Free for 24 hours following Stage 4. Remain Asymptomatic during Stage 5 session. 	Student, Parent/Carer Year Coordinator Health Centre
PARENT/CARER TO OBTAIN MEDICAL CLEARANCE PRIOR TO RETURNING TO FULL CONTACT TRAINING SEND TO ASCHAM HEALTH CENTRE (healthcentre@ascham.nsw.edu.au)			
6 (AT SCHOOL)	Return to Full Contact Sport <ul style="list-style-type: none"> Return to full training for their sport. 	<ul style="list-style-type: none"> Remain Symptom Free following contact training. One Week of full training must be completed before a return to competition. 	Student, Parent/Carer Year Coordinator Health Centre

Multiple and More Complex Concussions

This guidance applies **only to players** who have suffered their **first** concussion in a **12-month period**. The guidance **does not** apply to students with potentially more complex injuries. The following students **must** see a medical doctor experienced in sports concussion management:

- ≥ 2 concussions in 12 months
- Multiple concussions over their school career
- Concussions occurring with less collision force
- Concussion symptoms lasting longer than expected (a few days).