



**Abraham Lincoln Memorial Hospital Sports care Concussion Oversight Team  
Post-Concussion Return-To-Learn Consent**

In my professional judgment, it is safe for the following student-athlete to begin the Return-To-Learn Protocol (Table 1, attached) beginning on \_\_\_\_\_ (date).

Student-athlete name (print): \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

School: \_\_\_\_\_

Traumatic Brain Injury/Concussion Date: \_\_\_\_\_

Additional Comments from Physician/Athletic Trainer:  No  Yes: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Physician/Athletic Trainer (print)

\_\_\_\_\_  
Physician/Athletic Trainer (sign)

\_\_\_\_\_  
Date

**Table 1: Return-To-Learn Protocol Following a TBI or Concussion**

<b>Level</b>	<b>Description</b>	<b>Criteria</b>	<b>Adjustment Examples</b>
Level 1	No school (stay home)	Three or more ImPACT Composite Scores exceeding reliable change index and/or *Exceedingly high Graded Symptom Scale (e.g., Score >25-30)	discourage texting, video gaming, watching TV, using cell phone, listening to music with headphones no homework or computer use cognitive "shut down" use darkened, quiet room
Level 2	Limited School half days/ partial days	Able to tolerate up to 30 minutes of continuous mental exertion	limited/partial class attendance; no P.E./physical exertion periodic rest breaks away from class in quiet area allow to lay head down at desk and remove irritants as needed e.g., bright lights, loud noises limit/modify academic classwork no major/standardized testing provide extra help; assign peer for note taking allow recording of classes if desired "clear desk" and listen extra time for assignments; modify assignments minimal or no homework
Level 3	Full school attendance with moderate accommodations	Able to tolerate up to 45 minutes of continuous mental exertion and/or no more than 1 ImPACT Summary Composite exceeding reliable change index	no P.E./physical exertion limit class attendance in academically challenging classes no major/standardized testing; modified testing rest periods in the classroom as needed extra time for assignments; quizzes as needed limited homework (e.g., less than 30 minutes)
Level 4	Full school attendance with minimal accommodations	Able to tolerate up to 60 minutes of continuous mental exertion and/or *Graded Symptom Scale Score <10	no P.E./physical exertion increase return to normal class workload begin working on missed work/assignments moderate homework (e.g., less than 60 minutes)
Level 5	Full academics (no accommodations)	*Graded Symptom Scale Score of zero	resume normal homework assignments identify essential content and assignments to make up develop realistic timeline for completing assignments re-evaluate weekly until assignments are completed start Step 1 of Return-To-Play Protocol no P.E./physical exertion classes until completion of Return-To-Play Protocol