



# RETURN TO ACTIVITY REPORT

Required for all students who have completed an Incident/Injury Report form.

To be completed by a parent or guardian

Student name: \_\_\_\_\_ Date: \_\_\_\_\_

### Stage One Return

Is able to participate on a limited basis beginning: \_\_\_\_\_

Submitted by: \_\_\_\_\_

(parent or guardian signature)

Please submit the list of acceptable activities provided by the doctor or therapist. You may bring a written list to Altius or submit via the electronic Return to Activity Report form on the Altius website.

### Stage Two Return

Is able to return to full practice on: \_\_\_\_\_

Submitted by: \_\_\_\_\_

(parent or guardian signature)

Please submit the medical release from the doctor or therapist. You may bring in or mail in the release to Altius, or submit via the electronic Return to Activity Report form on the Altius website.

### POLICIES:

**All non-competition team students:** Tuition credit from day of injury if injury occurred at Altius. Two make up classes allowed for missed classes due to injury. If student is out more than two classes, Altius and the parent will work out a return to class plan.

**Competition Team members:** Tuition credit from day of injury if injury occurred at Altius. tuition credit from day of notice if injury occurred outside of Altius. A strength or partial workout plan may be presented with a doctor or physical therapist’s approval. See Stage One Return above. No fee is charged for partial workouts. Parent or guardian is asked to call Altius with weekly updates.

**Return to Activity report:** A Return to Activity Report form should be submitted with Stage One or Stage Two information as soon as the doctor or physical therapist has determined the appropriate time, or as the parent determines is appropriate for Stage Two.

### OFFICE USE ONLY:

Attach all doctor and physical therapy notes. (dated)

Return status noted in JR (Date and brief description): \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.

Injury credit noted in transactions (Date) \_\_\_\_\_ Coach notified of return status: \_\_\_\_\_, \_\_\_\_\_

Notes: