

STUDENT RETURN-TO-CLASS PLAN AND PERMISSION

Dear Parents and Students,

For the concern and safety of your child, and in hopes to partner with parents and medical professionals, our teachers respectfully request communication regarding your child’s injury. It is our goal, as your child returns to class he/she does not hinder the healing of their injury or further create issues through their participation. **In hopes to best communicate, we request this form be returned to your child’s teachers after an injury causing multiple consecutive days of missed or observed class.** (The DDC&G office is happy to make copies.)

Please complete the form below, either as a parent or in conjunction with your medical provider:

My child, (his/her name) _____ has my permission to return-to-class as of this day,
(date) _____. Regarding the injury to his/her (ie: ankle, wrist, knee...),
_____ we knowingly approve him/her to return to class as listed below:

___ NO RESTRICTIONS, He/She may participate in all activity with no restrictions.

___ ABSOLUTELY NO PARTICIPATION- My student may only observe class at this time. I will provide follow up information and an additional form as my child is allowed to return.

___ RETURN WITH RESTRICTIONS as listed:

Joint Movement _____

Weight-Bearing _____

Jumping _____

Cardiovascular _____

Pointe (if applicable) _____

We anticipate these restrictions to last until (date/time period) _____

Or until a follow-up appointment on _____. (Please provide an updated form after the appointment.)

Parent Signature _____ Date _____

Often we find upon returning from an injury, students do not know how, or do not have the patience, to safely participate in class using essential modifications for healing and rebuilding strength. Sometimes, what may seem like the best method, can be damaging to the injury or to other parts of the body. We highly recommend an Orthopedist or Physical Therapist who is familiar with the needs of dancers. Although it is not required to use, The DDC&G Wellness Studio is a convenient and specialized tool to help your student and your family through this process. The Wellness Studio’s Physical Therapist provides a plan, in conjunction with your chosen medical professional (if applicable), for your student to feel empowered in returning to the classroom and provides specific verbiage teachers use to appropriately guide students in their return. If you would like more information on this service for DDC&G families, please stop by or call the office: 614-761-2882.