



Gradual Return to Academics Protocol

It is not uncommon for concussed athletes to miss days of school as they recover. Athletes who can complete 30 minutes of sustained mental exertion without their symptoms increasing can come back to school. Occasionally, athletes that are symptomatic might need extra help or temporary academic accommodations while they recover. The district can provide this assistance when parents and students coordinate with their child's counsellor. As the symptoms decrease, the extra help and support can be gradually removed. In order to return to contact sports, all temporary accommodations must be removed. It is suggested that families communicate with their counsellor throughout their recovery so they can assist your student's recovery. The following progression can be useful to guide a safe return to academics following a concussion.

Step 1: Total Rest: Student athlete stays home; no driving, no mental exertion, computer, texting, video games, and/or homework.

Step 2: Light mental activity: Student athlete stays home; no driving, up to 30 mins mental exertion, no prolonged concentration.

Progress to Step 3 when tolerates 30 mins of sustained mental exertion without symptoms increasing.

Step 3: Part Time School 1: Shortened day/schedule with built-in breaks, maximum accommodations, provide quiet place for scheduled mental rest & lunch, no significant classroom or standardized testing, modify (decrease volume, increase time, or help) rather than postpone academics.

Progress to Step 4 when tolerate 30-40 mins of sustained mental exertion without symptoms increasing.

Step 4: Part Time School 2: Shortened day/schedule, moderate accommodations, no standardized testing, modified classroom testing, moderate decrease of extra time, help, and modification of assignments.

Progress to Step 5 when tolerates 60 mins of sustained mental exertion without symptoms increasing.

Step 5: Full Time School 1: Minimal accommodations, no standardized testing, routine testing ok, continued decrease of extra time, help and modification of assignments, may continue to require more support in academically challenging subjects.

Progress to Step 6 when tolerates all class periods in succession without symptoms increasing.

Step 6: Full Time School 2: Full schedule including all homework & testing, no accommodations.