

CONCUSSION PROTOCOL RETURN TO LEARN PROTOCOL

When a student has been diagnosed with a concussion and is undergoing treatment, an individualized academic program must be developed. Academic accommodations help in reducing cognitive and brain stimulus minimizing post-concussion symptoms.

Accommodations will vary by student and subject area. The following recommendations should be part of an individualized recovery plan.

When a physician has approved that a student can return to school following a concussion, they will often recommend accommodations be put in place (e.g., reduced work load, extra time to complete assignments, reduced physical activity).

If the student is writing diploma examinations in the near future, accommodations can be provided during the exam if the physician fills out the form: [Confirmation of Acute Medical Condition or Illness Affecting the Writing of A Diploma Exam](#).

Attendance: No school or part-time attendance may be required.

Breaks: Students should be allowed to take breaks to control symptoms. This may require leaving the classroom for a quieter location.

Workload Reduction: The student may need a reduced workload such as no homework, a smaller workload, longer time to complete an assignment, a prorated workload, or being allowed to catch up on missed work. A rest time may need to be included during classroom work.

Extra Time: Students may require extra time to complete work and do tests.

Testing: Memory and attention difficulty may make testing difficult. No tests, extra time, open book or oral tests may be required. A separate, quiet room may benefit the student.

School Environment:

- Visual and auditory stimulus may have an effect on a student who had a concussion.
- Loud and noisy rooms or hallways may be of concern.
- Audible learning may be required (discussion not text).
- Halogen lights and Smart Board projectors may exacerbate symptoms and require the student to wear sunglasses in the school/classroom.
- Pre-printed notes for class material will assist learning.
- Computer screen time (using / looking at a computer monitor) may exacerbate

symptoms and may need to be reduced or removed completely during the student's recovery time.

Physical Exertion: No physical activity/PE/sports/recess may be required.

Additional Recommendations: Additional recommendations may be required depending on the individual student needs.