

# Guidelines for Post-Concussion Academic Accommodations

Stage	Goals/Key Ideas	Teachers Action	Students Action
<b>I/Red</b>	Complete Rest	<ul style="list-style-type: none"> <li>❖ Contacted by school nurse.</li> <li>❖ Explanation of injury and current plan of care.</li> </ul>	<ul style="list-style-type: none"> <li>❖ Out of school</li> <li>❖ Strict limits for use of computer, cell phone, texting, video games.</li> <li>❖ <b>No Physical/Sports Activity.</b></li> </ul>
<b>II/Orange</b>	Significant deficits in processing and concentration. Cognitive activity as tolerated.	<p>Develop lists of three categories for all assignments:</p> <ol style="list-style-type: none"> <li>1. Excused: Not to be made up.</li> <li>2. Accountable: Responsible for content, not process. May be notes or work shared by a classmate, or may be covered in a review sheet.</li> <li>3. Responsible: Must be completed by student and will be graded.</li> </ol>	<ul style="list-style-type: none"> <li>❖ In school as tolerated, most likely ½ days to start.</li> <li>❖ When present, observing, not participating, screen time remains limited. Get copies of notes, handouts, ect.</li> <li>❖ Communicate with teachers about progress/challenges.</li> <li>❖ Be patient with slow recovery, just do your best.</li> <li>❖ <b>No Band or Chorus</b></li> <li>❖ <b>No Physical/Sports Activity.</b></li> </ul>
<b>III/Yellow</b>	Gradual increase of time and energy, slowly resuming full workload.	<ul style="list-style-type: none"> <li>❖ Prioritize assignments with student, both make-up work and new work.</li> <li>❖ Continue to use lists with the three categories for assignments until all work is completed, and assist with setting a timeline for completion of assignments.</li> </ul>	<ul style="list-style-type: none"> <li>❖ Communicate with teachers on your progress with assignments. Communicate with teachers and parents on the pace of resuming a full workload and completing make-up work.</li> <li>❖ <b>No Physical/Sports Activity</b> that involves contact or has potential for them to hit their head again.</li> <li>❖ May begin “Return to Play”</li> </ul>
<b>IV/Green</b>	Complete resumption of normal activities.	<ul style="list-style-type: none"> <li>❖ Monitor completion of assignments.</li> <li>❖ Communicate with parents and staff as to when student is caught up with assignments and working at the same pace as their classmates.</li> <li>❖ Communicate with guidance office as grades are updated.</li> </ul>	<ul style="list-style-type: none"> <li>❖ Resume all normal activities.</li> <li>❖ Progress with athletic trainer-supervision resumption of participation in athletics.</li> </ul>