

Cathedral High School Academic Concussion Policy

What should I do if I suspect my student has a concussion?

Contact your student's counselor and Mike Hunker (Cathedral Athletic Trainer) as soon as possible.

Your student must also be seen by an MD or DO trained in concussion management. MD's or DO's at sports medicine clinics are best suited to manage concussions since they are trained to recognize and treat these injuries in students. These doctors will use evidence-based criteria to make treatment decisions. **Recommendations from providers other than MD's/DO's trained in concussion management will not be accepted.**

What recommendations will the MD/DO make?

Limiting mental exertion and physical activity are the initial hallmarks of concussion management. The MD/DO will provide forms with accommodations for school and sports based on their office exam and the student's symptoms. The purpose of these recommendations is to provide the optimal environment for healing and expedite the recovery process.

The following forms must be completed by the Doctor at the office visit, and these forms must be forwarded to Mike Hunker and your counselor as soon as possible. The forms will be distributed to the student's counselor, teachers, front office staff, school nurse and coach (if the student is an athlete).

What kinds of academic accommodations are often recommended by Doctors?

Every concussion is different and the doctor's recommendations should be based on the student's unique symptoms and findings of the neurological exam. Some common academic accommodations include;

- Modified school attendance
- Reduced workload
- Limited screen time
- Extra time for homework/projects, or delaying work until cleared or able to work with no symptoms
- Extended time for quizzes and tests
- Breaks from class if symptoms worsen

How long will these accommodations be in place?

The Doctor's note should be dated, and the recommendations will stay in effect until the expiration date on the note, if noted, or two weeks past the date of the follow-up exam. If no date is noted, the accommodations will stay in effect for two weeks from the date of the initial visit. A new Doctor's note will be needed to continue receiving accommodations.

What should my student do about missed assignments and makeup work?

Depending on the timing and severity of concussion, students will have differing accommodations to support them as they heal from their concussion. The most important piece of the recovery process is clear communication between the student and their teachers. To help support this communication, students must meet with their counselor upon returning to school . The student's counselor will help the student advocate with their teachers and will help provide other support as needs arise.

When can the student resume physical activity?

Doctors trained in concussion management will utilize the following criteria before providing written clearance for a student to return to sports and physical education class:

- The student is symptom-free for full school days.
- The doctor's neurological exam administered in the office is normal.
- The student must be symptom-free with a gradual, multi-day activity progression. Each step of the progression will be supervised by a Cathedral High School Certified Athletic Trainer. Each step of the progression will be separated by 24 hours.

The student can return to play and physical education class only after successfully completing each of the above criteria.

Who should I contact if I have any questions?

Please contact your student's counselor or Mike Hunker if you have any additional questions.

