



Episcopal Academy Concussion Management Plan

Patient Name: _____ Date of Exam: _____

The following checklist indicates the patient's current status, accommodations, and restrictions:

Symptom Management:

- Strict brain rest. Will return to school on _____ with the following restrictions (see below)
- May take breaks from class as needed with school nurse, return to class once symptoms improve

Academic Accommodations:

- Restart school as "listening only"
- Half-time attendance as needed. Once successful, full-time attendance as tolerated.
- No band/orchestra/chorus/music lessons
- Reduce non-essential schoolwork (consider grading adjustments for missing assignments)
- No assessments
- Begin quizzes and tests when student has had adequate time to learn the material
- Extended time (up to 50%) for in-class assessments
- Extra time to submit assignments as needed
- Limit reading assignments and decrease screen time, allow access to audiobooks as needed
- Provide class notes and readings with 18 -point font (or allow note buddy)
- Minimize or eliminate copying from the board
- No more than one make-up test per day
- Provide accommodations listed above, and as applicable, to standardized assessments
- May return to full academic load without restrictions**

Physical Activity & Athletic Participation:

At this time, the student has the following activity restrictions:

- No physical education, sports (including club), running, training, aggressive play, or recess
- The student athlete may begin EA's "Return to Play Protocol" at the step indicated below and may advance through the protocol after one full successful day at each step*
 - 1) Symptom management (until symptoms resolve)
 - 2) Light aerobic activity (walking/jogging/biking) at slow-medium pace < 30 mins
 - 3) Non-contact sport specific drills at reduced speed, moderate aerobic activity
 - 4) Non-contact practice, normal aerobic activity, may begin resistance training
 - 5) Participation in full regular practice activities with the team. No game participation.
 - 6) **The athlete is fully cleared to play with no restrictions at this time.**

Students who fail to progress through RTP protocol will be referred back to their provider for reassessment

Follow Up Care (select one):

- _____ Patient can be cleared by discretion of athletic trainers
- _____ Patient must return to this practice for re-evaluation and clearance
- _____ Patient has been referred to concussion specialist (clearance deferred to specialist)

Doctor's Name: _____ Signature: _____