

Concussion Information: Student In-School Management Guide

Student Name: _____ Evaluation Date: ____/____/____

Current Student Level:

Orange Level – Date of placement ____/____/____ – School Nurse's Initials: _____

Yellow Level – Date of placement ____/____/____ – School Nurse's Initials: _____

Green Level – Date of placement ____/____/____ – School Nurse's Initials: _____

Academic Accommodations – Student's Actions

Orange Level – Student is recovering, significant deficits in processing and concentration – Possible part days

- When present observing, limited participation
- Communicate with teacher and liaison about progress and problems.
- Get copies of work and or notes from teacher or fellow students
- Be patient with slow recovery but get as much as possible out of time spent in class.
- No participation in athletics, physical education classes, band, chorus
- Rest in nurse's office as needed 20-30 min
- Try to limit homework time to 15-20 min blocks

Yellow Level – Gradual increase of time and energy as resumes normal workload

- Clear communication with teacher on what needs to be done, when and how to prioritize
- Communicate with parents/teacher and liaison regarding recovery and make-up work
- No participation in athletics, physical education classes, band, chorus
- Rest in nurse's office as needed
- Try to limit homework time to 20-30 min blocks

Green Level – Complete – Resume all normal activities

- Can resume all normal activities
- Work to make sure all assignments are completed by the deadline
- Inform parents if symptoms return
- If a Student-athlete, may complete the Graduated Return to Play Protocol with the Athletic Trainer

Student Concussion Policy

Section XVIII – Student and Student-Athlete Responsibilities:

Subsection 4: If a concussion is diagnosed, follow the recovery plan. This includes, but is not limited to:

- Allow the body to rest mentally, physically, and emotionally.
- Under the direction of the athletic director, coach/band instructor, licensed athletic trainer, and school nurse, ensure that the graduated reentry plan for return to full academic and extracurricular activities is being followed.
- Upon returning to attending school, check in at least once daily with the school nurse to complete a **Daily Symptom Severity Scale**.
- Follow the guidelines put in place by the **Physician Academic Accommodation Evaluation Form**.
- Manage screen time and using electronics.
- Inform the school nurse and your teachers if you are having difficulty with your classwork.
- Seek the guidance of the school nurse and/or the licensed athletic trainer for Post-Concussion Syndrome symptom management skills.
- If you are a student-athlete, upon resuming normal academic responsibilities, work with the licensed athletic trainer to complete the **Graduated Return to Play Protocol** to return to your extracurricular athletic activity.
- Return to extracurricular activities only when an appropriate physician and/or the licensed athletic trainer provide(s) clearance.
- Report any symptoms to the licensed athletic trainer, school nurse, and/or parent(s)/guardian(s) if any occur after returning to participation in your extracurricular activity.