Return to Learn Protocols

- School receives confirmation from parent (or temporary from medical personnel/trainer) that student has suffered a concussion
- Administration and student’s counselor are notified
- Counselor notifies student’s teachers, Principal, and Assistant Principal as to the accommodations for the student (counselors may need to determine accommodations if not listed). Counselor documents dates, accommodations, and communications.
- After student receives their medical release, guidance and/or administration may continue to require accommodations on an as needed basis.

1. **No School (Stay Home)**
   - Discourage texting, video gaming, watching TV, using phone, listening to music with headphones
   - No homework or computer use
   - Cognitive “shut-down”
   - Use darkened, quiet room

2. **Limited School Attendance**
   - **Maximum Accommodations**
     - Limited/partial class attendance; no PE
     - Periodic rest breaks away from class in quiet area
     - Allow to lay head down at desk
     - Limit/modify academic classwork
     - No major/standardized testing
     - Provide extra help; peer note taking
     - “Clear desk” and listen
   - Able to tolerate up to 30 minutes of mental exertion
   - Extra time for quizzes in a quiet area
   - Extra time for assignment; modify assignment
   - Minimal or no homework

3. **Full Day Attendance (Limited Class Attendance)**
   - **Moderate Accommodations**
     - No PE
     - Limit class attendance in academically challenged classes
     - No Major/standardized testing; modified testing
     - Test periods in classroom as needed
     - Extra time for assignments, quizzes as needed
     - Limited homework, i.e. less than 30 minutes
   - Able to tolerate up to 45 minutes of mental exertion

4. **Full Class Attendance**
   - **No accommodations**
     - No PE
     - Increase return to normal class workload
     - Begin working on missed work/assignments
     - Moderate homework, i.e. less than 60 minutes
   - Able to tolerate up to 60 minutes of mental exertion

5. **Full Academics**
   - No accommodations
   - Resume normal homework assignments
   - Identify essential content and assignments to makeup
   - Develop realistic timeline for completing assignments
   - Re-Evaluate weekly until assignments are completed

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**Adapted 9-16-15 from Nebraska Sports Concussion Network**