

RETURN TO ACADEMICS PROGRESSION

Communication among the student, parents, CMT, and healthcare provider is crucial. Students should return to academics with support and guidance from the community medical provider in collaboration with the Concussion Management Team. The CMT has the responsibility to implement, monitor, and adjust the student's individualized return to academics plan. Symptoms of concussion will often create learning difficulties for students. An individualized plan for learning adjustments should be initiated immediately after diagnosis with a gradual, monitored return to full academics as symptoms clear. Although most symptoms clear within 3–4 weeks, in some cases, symptoms may not clear for months. In rare cases, disability may be permanent. For students with prolonged symptoms, formal procedures for learning supports will be initiated.

Steps	Progression	Description
1	HOME — Cognitive and physical rest	<ul style="list-style-type: none"> Stay at home No driving Limited mental exertion — computer, texting, video games, homework
2	HOME — Light Mental Activity	<ul style="list-style-type: none"> Stay at home No driving Up to 30 minutes mental exertion No prolonged concentration

Progress to Step 3 when student handles up to 30 minutes of sustained mental exertion without worsening of symptoms

3	SCHOOL — Part Time Maximum accommodations Shortened day/schedule Built-in breaks	<ul style="list-style-type: none"> Provide quiet place for scheduled mental rest Lunch in quiet environment No significant classroom or standardized testing Modify rather than postpone academics Provide extra time, help, and modified assignments
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Progress to Step 4 when student handles 30–40 minutes of sustained mental exertion without worsening of symptoms

4	SCHOOL — Part Time Moderate accommodations Shortened day/schedule	<ul style="list-style-type: none"> No standardized testing Modified classroom testing Moderate decrease of extra time, help, and modification of assignments
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Progress to Step 5 when student handles 60 minutes of mental exertion without worsening of symptoms

5	SCHOOL — Full Time Minimal accommodations	<ul style="list-style-type: none"> No standardized testing; routine tests are OK Continued decrease of extra time, help, and modification of assignments May require more support in academically challenging subjects
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Progress to Step 6 when student handles all class periods in succession without worsening of symptoms AND receives medical clearance for full return to academics and athletics

6	SCHOOL — Full Time Full academics No accommodations	<ul style="list-style-type: none"> Attends all classes Full homework and testing
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