# CONCUSSION RETURN TO CLASSROOM PROGRESSIONS

**SOURCE:** Brian Robinson, Glenbrook South High School

## STEP 1

**Recommendations:**
- No Tests, Quizzes, or Home Work
- Students May Be Sensitive to Light & Noise
- Students May Complain of Intense/Continuous Headaches
- Students May Not Be Able to Read More Than 10 Minutes Without Increase of Symptoms

**Progress to Next Step When:**
- Decreased Sensitivity to Light or Noise
- Decreased Intensity & Frequency of Headaches
- Ability to Read More Than 10 Minutes Without Increased Symptoms

*(If Student Remains @ Step 1 Longer Than 2 Weeks, Consult Student Support Team to Discuss Progress)*

## STEP 2

**Report to AT/Nurse:** Open for Modified Daily Class Schedule

**Recommendations:**
- Reduce Weight of Back Pack or Provide 2nd Set of Textbooks Arranged by Counselor
- Obtain a “5 Minute Pass” to Avoid Noisy, Crowded Hallways Between Classes/Lunch
- No Tests/Quizzes/Home Work; Provide Copies of Class Notes
- Wear Sunglasses When Looking at Smart Boards; No PE or Exercise
- Ex: Day 1-PM Classes Only, Day 2-AM Classes Only, Day 3-10am-2pm, etc.

**Progress to Next Step When:**
- Each of Students Classes Has Been Attended At Least Once
- School Activity Does Not Increase Symptoms
- Overall Symptoms Decrease *May begin Social Reintegration*

## STEP 3

**Report to AT/Nurse:** Full Day of School

**Recommendations:**
- Reduce Weight of Back Pack or Provide 2nd Set of Textbooks Arranged by Counselor
- Obtain a "5 Minute Pass" to Avoid Noisy, Crowded Hallways Between Classes/Lunch
- No Tests/Quizzes/Home Work; Provide Copies of Class Notes
- Teacher has Discretion to use ‘Mastery Learning’ Criteria to Reduce Subject Matter Workload
  - May begin RTP Exercise Progressions

**Progress to Next Step When:**
- ImPACT or Scat2 Scores Normalize
- Symptoms Almost Resolved
- School Does Not Increase Any Symptoms

*(If Student Can’t Go Past Step 3 After an Extended Period of Time, Makeup Work Should Not Be Required; Refer to Student Support Team)*

## STEP 4

**Report to AT/Nurse:** Full Academic Load

**Recommendations:**
- Resume All Academic Responsibilities Including Tests, Quizzes, & Home Work
- PE and/or RTP Progressions Should Be Advancing at This Point

*(If ANY Symptoms Return During Step 4, Return to Step 3)*

## STEP 5

**Follow Up Discussions (Up To 1 Year Post Concussion)**

**Recommendations:**
- The Athletic Trainer/Nurse/Counselor Will Conduct A Follow Up Interview with the Student After 1 Week.
- Helps Determine if Additional Counseling or Intervention is Required
- Students are Encouraged to Continue Meeting with Counselors to Update Them on Academic Progress
- Helps Avoid the “Neurocognitive Stall” That Seems to Occur Within a Year After the Concussion