



# Hopewell Valley Regional School District

## Post-Concussion Return to School Protocols

### PLEASE NOTE:

- These protocols have been developed as a guide for teachers, parents, physicians and students to manage the educational impact during concussion recovery.
- When the student is being evaluated, the parent/guardian must share these protocols with the treating physician.
- It is important to note that the recovery from a concussion varies greatly and every student is impacted differently.
- Caution must be taken not to compare students with concussions as each student progresses differently through the recovery process.
- Home instruction will begin once the district has received the “EDUCATIONAL ACCOMMODATIONS DURING CONCUSSION TREATMENT” form indicating that the student will be out of school for at least 10 consecutive school days or will be out of school 15 cumulative school days or more during the school year.

### RETURN TO SCHOOL PROTOCOLS

#### PHASE 1: NO SCHOOL ATTENDANCE, EMPHASIZE COGNITIVE AND PHYSICAL REST

**Referral to 504/Concussion Management Team consisting of: school counselor, nurse, teacher, administrator and the child’s parent.**

#### Characteristics

- Severe symptoms at rest
- Symptoms may include but are not limited to:
  - Headache, dizziness, nausea, light sensitivity, sound sensitivity
  - Students may complain of intense and continuous/frequent headaches
  - Students may not be able to read for more than 10 minutes without an increase in symptoms

#### Possible Accommodations to be determined by the 504/Concussion Management Team:

- Provide student with copies of class notes (teacher or student generated)
- No tests, quizzes or homework
- 504 Plan developed

**EDUCATIONAL ACCOMMODATIONS FORM MUST BE REVIEWED AND UPDATED BY TREATING PHYSICIAN PRIOR TO MOVING TO THE NEXT PHASE**

*\*Phase 1 accommodations should be reviewed within **14 days**. It may be necessary to schedule a conference with all teachers, the counselor, and the student’s parents in order to discuss impact on school performance.*

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## PHASE 2: RETURN TO SCHOOL WITH MODIFIED DAILY CLASS SCHEDULE

Prior to returning to class, the student must report to school nurse to inform him/her of his/her health status.

### Characteristics

- Mild symptoms at rest, increasing with physical and mental activity
- Decreasing sensitivity to light or noise
- Decreasing intensity and frequency of headaches
- Ability to do light reading for 10 minutes without increased symptoms

### Possible Accommodations to be determined by the 504/Concussion Management Team:

- Modified schedule: afternoon or morning classes only
- Reduce weight of backpack or provide second set of textbooks: arranged by counselor
- Wear sunglasses when viewing Smart Boards, as needed
- No tests, quizzes, daily work or homework
- Provide student with copies of class notes (teacher or student generated)
- Excused from physical education classes and/or sports activities
- Option: Obtain a “five minute pass” to avoid noisy and crowded hallways
- 504 Plan developed

*\*Phase 2 accommodations should be reviewed within 14 days by the Concussion Management Team to determine their effectiveness.*

**EDUCATIONAL ACCOMMODATIONS FORM MUST BE REVIEWED AND UPDATED BY TREATING PHYSICIAN PRIOR TO MOVING TO THE NEXT PHASE**

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## PHASE 3: DECREASING SYMPTOMS / RETURN TO FULL DAY OF SCHOOL

Prior to returning to full-day classes, the student must report to school nurse to inform him/her of his/her health status.

### Characteristics

- Symptom free at rest
- Mild to moderate symptoms with mental and physical activity

### Possible Accommodations to be determined by the 504/Concussion Management Team:

- No tests, homework, or quizzes
- Student may be given in class assignments/daily work but they should not be graded
- Provide student with copies of class notes (teacher or student generated)
- Provide second set of textbooks
- Excused from physical education classes and/or sports activities
- Limited or no participation in School sponsored activities (e.g. dances, middle school night outs, plays, circuses, pep rallies)
- 504 Plan developed

*\*Phase 3 accommodations should be reviewed within 14 days by the Concussion Management Team. If the student is not able to progress past Phase 3 after an extended period of time, where it is unlikely the student will be able to make up required work, the counselor and teachers may discuss with the student and their parents, possible class withdrawal, home instruction, and/or class load modification.*

**EDUCATIONAL ACCOMMODATIONS FORM MUST BE REVIEWED AND UPDATED BY TREATING PHYSICIAN PRIOR TO MOVING TO THE NEXT PHASE**

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**PHASE 4: FULL DAYS OF SCHOOL WITH FULL ACADEMIC LOAD  
(FOR STUDENTS INVOLVED IN ATHLETICS, RETURN TO PLAY PROTOCOL CAN BEGIN)**

Prior to entering phase 4, the student must report to school nurse to inform the nurse of his/her health status.

**Characteristics**

- Symptom free with mental and physical activity
- Symptoms have resolved completely as determined by the appropriate health care professional

**Possible Accommodations**

- In cooperation with school counselor and teachers, create plan for possible modification and the gradual completion of missed tests, quizzes, and homework
- Teacher has the discretion to apply “mastery learning” criteria for their subject matter
- Return to wellness check-list completed and returned to nurse.

**Academic Accommodations Guidelines**

- For every day the student is within Phase 1-3, it is recommended that they be granted the same number of days to complete missed academic work.
- The student should be granted adequate time to complete missed academic work based on the amount of time needed for complete recovery.
- The teacher can assign the student a grade of incomplete (I) and/or Pass/Fail for the missing work, semester, or final grade
- As the student’s recovery progresses through Phases 1-3, teachers should be prepared to apply “mastery learning” criteria within their subject matter. By identifying essential academic work, the student’s recovery will be aided by reducing anxiety levels related to the perceived volume of work that will be required once they are medically cleared to resume a full academic load.
- 504 Plan developed

**EDUCATIONAL ACCOMMODATIONS FORM MUST BE REVIEWED AND UPDATED BY TREATING PHYSICIAN PRIOR TO MOVING TO THE NEXT PHASE**

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*\*Phase 4 accommodations and student progress should be reviewed within **14 days** by the Concussion Management Team.*

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**PHASE 5: POST CONCUSSION MONITORING TO DETERMINED BY 504/CONCUSSION MANAGEMENT TEAM**



# Hopewell Valley Regional School District

## EDUCATIONAL ACCOMMODATIONS DURING CONCUSSION TREATMENT

**THIS FORM MUST BE COMPLETED BY THE LICENSED PHYSICIAN (or designee) TREATING THIS INJURY AND RETURNED TO SCHOOL IN ORDER TO RECEIVE ANY ACADEMIC MODIFICATIONS**

STUDENT (PRINT): \_\_\_\_\_ GRADE: \_\_\_\_\_  
DOES THIS STUDENT HAVE A CONCUSSION? \_\_\_\_ YES \_\_\_\_ NO INJURY DATE: \_\_\_\_\_  
DATE OF OFFICE VISIT/RE-VISIT: \_\_\_\_\_ DATE OF IMPACT TESTING: \_\_\_\_\_

Until the student has fully recovered, the following modifications are recommended (Specific accommodations will be determined by the parent(s) and the school-based 504/concussion management team). Please use the HVRSD *Return to School Protocols* when determining the proper Phase.

**PHASE 1** - No school attendance. Emphasize cognitive as well as physical rest.

COMMENTS: \_\_\_\_\_

**PHASE 2** - Return to school with a modified class schedule. Academic modifications in place.

COMMENTS: \_\_\_\_\_

**PHASE 3** - Decreasing symptoms; return to full day of school. Modifications remain in place.

COMMENTS: \_\_\_\_\_

**PHASE 4** - Full days of school / Full academic load. Reduce/remove academic modifications. Allow gradual progress for completing make-up work. (Athletes: *Return to Play* protocol begin.)

COMMENTS: \_\_\_\_\_

**PHASE 5** - Monitoring by 504/concussion management team

**Additional Comments:**

PHYSICIAN NAME (PRINT): \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ OFFICE STAMP:

