# **UR Medicine Sports Concussion Clinic**

## Return to Learn Guidelines

#### Your Student's Concussion:

is being treated for a concussion at UR Medicine's Sports Concussion Clinic. Given the complexity of recovery following a concussion, we have developed guidelines to help students, parents/guardians, teachers, and school staff with the back-to-school transition after a concussion.

### **About Concussions:**

A concussion is a brain injury which may cause symptoms such has headache, dizziness, and difficulty concentrating. These symptoms may last for a significant period of time and will manifest differently in each individual. Concussion symptoms tend to improve when the brain is resting and resurface when it is stressed by physical or cognitive activity.

For more information visit urmc.rochester.edu/concussion or call (585) 275-5321.

#### **Concussion Zones:**

The **ZONE** is a **student and parent/guardian directed guideline** based on the student's most significant cognitive or physical limitation, current functional capability, and reported symptoms. We've developed zones to assist educators in determining appropriate instructional modifications for students recovering from a concussion.

Zone 1 indicates the highest number of classroom limitations. As the student recovers, he/she will progress through Zone 2 where they will gradually increase the amount and types of activities they participate in. In Zone 2, students should do only the amount of work required to keep up with their classes. They may begin making up school work when they reach Zone 3. Students should start by making up only essential assignments. Attempting to make up all missed work right away may cause symptoms to return.

In most cases, a student will show progress after a few days. If symptoms worsen, the student should revert to components of the previous zone. If the student requires longer than **2 weeks** to pass through any single zone, they should be re-evaluated by a medical professional.

Doctor's Notes:	carca. p. c. coss c. ta	



Name: \_\_\_\_\_ Zone: \_\_\_\_\_

	Attendance	Classwork	Testing & Quizzes	Homework & Make-up work
Zone 1	☐ No school for the first 24 hours	☐ No classwork	☐ No testing	□ No homework or make-up work
	<ul> <li>□ Partial or half school days</li> <li>□ Frequent breaks during the day</li> <li>□ May benefit from being able to go to the nurse's office for quiet time</li> <li>□ No computer classes</li> <li>□ No recess</li> <li>□ No gym (includes written work)</li> <li>□ No music/band/chorus</li> <li>□ No shop</li> <li>□ No lunch in the cafeteria</li> </ul>	<ul> <li>□ Preferential seating</li> <li>□ Can sit in class and listen</li> <li>□ No active participation</li> <li>□ No notetaking</li> <li>□ Pre-printed notes/peer note-taking</li> <li>□ Limited screen time in class</li> <li>□ No screen time in class</li> <li>□ Written and verbal instructions</li> <li>□ Blue, light-blocking glasses in class</li> </ul>	☐ Customized make-up plan for classwork ☐ No testing	<ul> <li>☐ Minimum criteria to demonstrate knowledge</li> <li>☐ Focus on essential assignments only</li> <li>☐ No homework</li> <li>☐ No make-up work</li> </ul>
Zone 2	□ Full days of school □ Frequent breaks during the day □ May benefit from being able to go to the nurse's office for quiet time □ No computer classes □ No recess □ No gym (includes written work) □ Shop classes as tolerated □ Music/band/chorus as tolerated □ Lunch in cafeteria as tolerated	□ Participate in class as tolerated □ Listening and discussion ONLY □ Limited reading □ Notetaking as tolerated □ Limited screen time in class □ Tutor or 1-on-1 instruction □ Blue, light-blocking glasses in class	<ul> <li>□ No more than one test every other day (across all subjects)</li> <li>□ Customized testing schedule</li> <li>□ Only current topics on tests</li> <li>□ Extended time or multiple trials</li> <li>□ Quiet room for testing</li> <li>□ Modified tests</li> </ul>	□ Focus on essential assignments □ Extra time for assignments □ Modified assignments □ Can do classwork at home
	<ul> <li>□ Full days of school</li> <li>□ Occasional breaks during the day</li> <li>□ Computer class as tolerated</li> <li>□ Walking or non-impact activity in gym</li> <li>□ Walking or non-impact activity at recess</li> </ul>	<ul> <li>□ Able to participate in class</li> <li>□ May take notes</li> <li>□ Screen time as tolerated</li> <li>□ Reading as tolerated</li> </ul>	<ul> <li>□ No more than 1 test or quiz per day (across all subjects)</li> <li>□ Regular testing as tolerated</li> </ul>	☐ Regular homework assignments ☐ Make-up work (essential assignments)
Zone 3	☐ Full class schedule ☐ Return to gym class when cleared by healthcare provider	☐ Participate fully in class (notetaking, reading, screen time)	☐ Normal testing/quiz schedule	☐ Regular homework assignments ☐ Make up work (all)

