

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 as 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) 275-0299.

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:

Name: _____ Zone: _____

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

