<table>
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<th>Stage</th>
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| I     | Complete Rest   | 2-6 Days           | ◆Contacted by school nurse  
◆Explanation of injury and current plan of care | ◆Out of School. No schoolwork  
◆Strict limits re: use of electronics  
◆**No Physical/Sports Activity** |
|       | Significant deficits in processing speed & cognitive functions. | 2-14 Days | Develop list of three categories of assignment:  
1. Excused: Not to be made up.  
2. Accommodate: Responsible for content, may have accommodations or altered form.  
3. Responsible: Student will complete and be graded when able.  
Goal is to help student keep up with learning as much as possible but not necessarily to be completing assignments that are non-essential to demonstrate knowledge.  
The longer the recovery process the more that should be eliminated or altered. | ◆In school as tolerated*  
◆Homeschool as tolerated*  
◆Get copies of notes/handouts.  
◆Communicate with teachers about progress and plans.  
◆Be patient with slow recovery. Do not push so much that symptoms occur or increase. Rest eyes & just listen or see the nurse to rest if feeling worse. Go home if symptoms still worsen  
◆**No Physical/Sports Activity; including Gym/PE. No Playing Wind Instruments, music class as tolerated*. |
| II    | Cognitive activity as tolerated | Highly variable. Hopefully no more than 7 days | ◆Prioritize assignments with student, take into account make-up & new work. Assist with timelines.  
◆Continue to use above categories.  
◆Provide extra help as needed regarding missed material & mastery of concepts. | ◆Full classroom attendance as tolerated*  
◆Progress back to homework completion then tests as tolerated* - If memory is okay.  
◆Coordinate with teachers about catching up, keeping up.  
◆**No Physical /Sports Activity, including PE.** |
| III   | Gradual increase of time & energy, slowly resuming workload. | Highly variable. Hopefully no more than 7 days | ◆Monitor completion of assignments.  
◆Communication between teachers, parents, & guidance re: assignment completion, student’s ability to work at pact of peers & grades. | ◆Resume normal academic activities.  
◆Communicate with teachers/guidance re: progress toward being caught up.  
◆Start gradual return to play with guidance from healthcare professional. |
| IV    | Resumption of normal activities | | | |

◆ "as tolerated" means as long as the activity does not recreate symptoms.
◆ **Duration varies greatly from one student to another. The stage is at is determined by the health care professional managing the student’s concussion.**

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