# Guidelines for Post-Concussion Academic Accommodations

<table>
<thead>
<tr>
<th>Stage</th>
<th>Goals/Key Ideas</th>
<th>Teachers Action</th>
<th>Students Action</th>
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| I/Red   | Complete Rest                 | ✤ Contacted by school nurse.  
✤ Explanation of injury and current plan of care.                         | ✤ Out of school.  
✤ Strict limits for use of computer, cell phone, texting, video games.  
✤ **No Physical/Sports Activity.**                                           |
| II/Orange | Significant deficits in processing and concentration. Cognitive activity as tolerated. | Develop lists of three categories for all assignments:  
1. **Excused:** Not to be made up.  
2. **Accountable:** Responsible for content, not process. May be notes or work shared by a classmate, or may be covered in a review sheet.  
3. **Responsible:** Must be completed by student and will be graded. | ✤ In school as tolerated, most likely ½ days to start.  
✤ When present, observing, not participating, screen time remains limited. Get copies of notes, handouts, ect.  
✤ Communicate with teachers about progress/challenges.  
✤ Be patient with slow recovery, just do your best.  
✤ **No Band or Chorus**  
✤ **No Physical/Sports Activity.**                                             |
| III/Yellow | Gradual increase of time and energy, slowly resuming full workload. | ✤ Prioritize assignments with student, both make-up work and new work.  
✤ Continue to use lists with the three categories for assignments until all work is completed, and assist with setting a timeline for completion of assignments. | ✤ Communicate with teachers on your progress with assignments. Communicate with teachers and parents on the pace of resuming a full workload and completing make-up work.  
✤ **No Physical/Sports Activity** that involves contact or has potential for them to hit their head again.  
✤ May begin “Return to Play”                                                  |
| IV/Green | Complete resumption of normal activities. | ✤ Monitor completion of assignments.  
✤ Communicate with parents and staff as to when student is caught up with assignments and working at the same pace as their classmates.  
✤ Communicate with guidance office as grades are updated. | ✤ Resume all normal activities.  
✤ Progress with athletic trainer-supervision resumption of participation in athletics. |