

Student _____

Date _____

Steps	Progression	Description
1	HOME – total rest	No mental exertion: computer, testing video games or homework. Total rest until no symptoms at rest.
2	HOME – light mental activity	Up to 30 minutes mental exertion without triggering symptoms. No prolonged concentration. Stay at home: no driving.
*Progress to next level when able to handle up to 40 minutes mental exertion without worsening/triggering symptoms.		
3	SCHOOL – Part time. Maximum accommodations. Shortened Day/Schedule Built in breaks and breaks if symptoms reoccur.	Provide quiet place for scheduled mental rest. No significant classroom or standardized testing. Modify rather than postpone academics. Provide extra time, extra help, modified assignments.
*Progress to next level when able to handle up to 60 minutes mental exertion without worsening/triggering symptoms.		
4	SCHOOL – Part time/Fulltime Moderate accommodations. Rest if symptoms triggered.	No standardized testing. Modified classroom testing. Moderate decrease of extra time, extra help and modification of assignments.
*Progress to next level when able to handle mental exertion for most of the school day without worsening/triggering symptoms.		
5	SCHOOL – Fulltime Minimal accommodations. Rest if symptoms triggered.	No standardized testing. Routine tests OK. Continue decrease of extra time, help and modification of assignments. May require more supports in academically challenging subjects.
*Progress to next level when able to handle all class periods in succession without worsening of symptoms AND clearance for full return to academics AND clearance for full return to academics and athletics		
6	SCHOOL – Fulltime Full academics. No accommodations.	Attends all classes. Full homework. Parent/guardian obtained signature for clearance for academics from licensed health care provider.
When symptoms continue beyond 3-4 weeks, prolonged in-school supports maybe required.		

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- Progression is individual; all concussions are different.
- Student may start at any step as symptoms dictate and remain at the step as long as needed.
- Return to previous step if symptoms worsen.
- Student to stop and rest with nurse if any activity triggers symptoms.
- Student is not to push through symptoms.
- Progression to return to play is according to Athletic Department protocol.

Step Progression for Return to Academics

Following Traumatic Brain Injury (TBI)/Concussion

***If student awakens with symptoms, he is to rest at home & not come to school**