

## Saint Viator Sports Medicine

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### Academic Accommodations for Concussion

Student Name: \_\_\_\_\_ Date: \_\_\_\_\_

This student has suffered a concussion and is currently under the care of the Saint Viator Sports Medicine. He/she is not allowed to participate in physical activity until cleared by a member of Saint Viator Sports Medicine or a physician.

The student is currently experiencing the following symptoms:

- Headache       Dizziness       Nausea       Fatigue  
 Blurred vision       Sensitivity to light       Sensitivity to noise  
 Difficulty concentrating       Difficulty remembering       Feeling slowed down

Students with a concussion have increased concentration and memory problems. They are not able to learn as quickly or effectively as before. The typical demands of a school day can be challenging, may make symptoms worse, and prolong recovery.

#### Academic Accommodations

The following accommodations may help in reducing their cognitive load, will aid in minimizing symptoms while allowing the student to participate in academic process during the injury and recovery period.

- Testing:** test/quizzes should be rescheduled until symptoms are resolved  
 **Homework:** allow extra time for assignments to be completed  
 **Note taking:** allow students to receive notes ahead of time, or allow photocopy/electronic copy from classmate.  
 **iPad use:** allow student to have reduced time on iPad during class  
 **Band/chorus:** allow student to sit out until symptoms are resolved  
 **P.E.:** student is not allowed to participate in physical activity until medical cleared by ATC or physician

#### Attendance accommodations

Full days as tolerated       Half-days as tolerated       Medically excused absence for \_\_\_ day(s).

Follow up Evaluation:

Thank you for your understanding and help through the concussion process,

Mary Polley, ATC

Gina Garro, ATC

**Notification of Concussion – Administrative Procedures**

Student Name \_\_\_\_\_ Date of Injury \_\_\_\_\_

Counselor \_\_\_\_\_ Sport \_\_\_\_\_

Range of dates for which the diagnosis applies and accommodations should be provided \_\_\_\_\_ to \_\_\_\_\_. After the final date listed, a further diagnosis is required from the attending physician and/or Saint Viator trainer. See athletic trainer's accommodation plan.

Because we believe that students who experience concussions need to focus primarily on healing and resting the brain we believe they must observe the following during the healing process.

- The student may not attend any co-curricular activities/sports. They are not to be present at games. Instead this time should be used for healing.
- All accommodations identified in the Athletic Trainer's Accommodation Plan are in place during the range of dates. Students are expected to make-up all work/tests in a timely fashion once the student is released from the diagnosis.

Counselor \_\_\_\_\_ Date \_\_\_\_\_

Cc: Teachers, Parents, Deans' office, Athletic Director, Jo Anne Francis, Principal