

BHS Concussion Protocol Notes

Concussions are serious brain injuries. Because they are invisible, the temptation is to return to school, academic work and athletics too early, which can substantially prolong recovery. When a student returns to school, the return will be gradual and monitored, with a return to earlier stages if symptoms persist or return.

Rest ..what is it? It is important for students to avoid excessive sensory stimulation that can result, for example, from attending loud events (including athletic events, even on the sidelines or as a spectator) and playing video or computer games or listening to loud music. This is very important at least through the end of stage 3.

Expected Duration of Rest Stage. This is variable. However, it is anticipated that Stage 2 Complete Rest will last 3-5 school days for students diagnosed with their first concussion. This may be extended depending on the symptoms experienced by the student. This stage may last 5-7 school days for students with repeat concussions, again subject to extension based on symptoms.

Categories of Work. Once a student has been diagnosed with a concussion, teachers will begin to separate missed work into categories that the student will begin to catch up on once Stage 5 is reached. The categories are:

- **Excused.** Not to be made up.
- **Accountable.** Responsible for content, not process. May be notes or work shared by a classmate, or may be covered in a review sheet.
- **Essential.** Must be completed by the student and will be graded.

Tests & Quizzes. The student will not resume tests and quizzes on current work until Stage 4. The student will not begin making up missed tests/quizzes until Stage 5.

Brunswick High School Concussion Protocol

| Stages | Student | Parent | School Staff |
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| Stage 1 – Pre-Diagnosis | Student should remain at home on complete rest 3-5 calendar days after initial injury. No electronics. (No computer, cell phone, video games, TV or texting). No Physical/Sports activity | Parent monitors rest. Parent makes appointment with Primary Care Physician for an evaluation and diagnosis | The School Nurse or Athletic Trainer should be notified. School nurse notifies teachers, guidance counselors, administrators, and athletics |
| Stage 2 – Complete Rest After evaluation and confirmation of diagnosis | Student rests physically & mentally out of school. No electronics. No Physical/Sports Activity per recommendation of physician | Parents continue to monitor rest. Supply Primary Care Provider Medical Diagnosis note to School Nurse | Teachers separate work into 3 categories: Excused: Not to be made up Accountable: Responsible for content, not process Essential: Must be completed by student |
| Stage 3 – Monitored Return to Classes | Student gradually returns to classes, partial day, but without academic work expectation. Health office monitors progress. If symptoms persist, student is returned to complete rest. | Parent monitors rest at home. If student returned to complete rest, parent to schedule follow-up with Primary Care Physician | Teachers continue to separate work as in Stage 2 and allow flexibility for due dates. Athletic Trainer administers IMPACT test |
| Stage 4 – Monitored Return to Current Academic Work | Student attends classes and does current work. Health office monitors progress. If symptoms persist, student is returned to Stage 3 | Parent reports any concerns over persistent symptoms to health office | Guidance Counselor notifies teachers of status, and discuss concerns over student's ability to perform current work |
| Stage 5 – Resumption of Full Academic & Light Cardio Activities | Student begins to catch up on accountable and essential past work. Begins light cardio in P.E. class or with Athletic Trainer Supervision | Parents report any concerns to health office | If the students return to Stage 5 has taken at least 2 weeks, counselor holds parent-teacher-student meeting to define priorities & expectations for past make-up work |
| Stage 6 – Resumption of Full Academic & Athletic Activities | Student communicates with teachers concerning make-up of academic work | Parent reports any return of symptoms to health office | Guidance counselors monitor any difficulties related to make-up work. Student begins Zurich progression for return to athletics |