



RETURN TO ACTIVITY, CMT

Student _____ Date _____

Please attach student's current schedule and any other necessary documents (medical statement, doctor's recommendations and/or diagnosis).

Attendance:

Current Symptoms:

Plan:

Follow-up Meeting Scheduled/Purpose:

Distributed to current teachers, administration, and parents
Placed in student's file
Identified person responsible for checking in with student

Return to Academics Progression (Sample)

Progression is individual. All concussions are different. Students may start at any of these steps, depending on symptoms, and remain at the step as long as needed. Return to previous step if symptoms worsen. Be flexible.

Steps	Progression	Description	Possible Academic Accommodations
1	Home—Total Rest	<ul style="list-style-type: none"> Stay at home No driving No mental exertion—computer, texting, video games, homework 	<ul style="list-style-type: none"> Schoolwork should be gathered for student Postpone all academics Due dates immediately suspended
2	Home—Light Mental Activity	<ul style="list-style-type: none"> Stay at home No driving Up to 30 minutes mental exertion No prolonged concentration 	<ul style="list-style-type: none"> Continue gathering student schoolwork Postpone all academics Due dates still suspended
Progress to Step 3 when student handles up to 30 minutes of sustained mental exertion without worsening of symptoms.			
3	School—Part Time	<ul style="list-style-type: none"> Maximum accommodations Shortened day/schedule Built-in breaks 	<ul style="list-style-type: none"> Provide quiet place for scheduled mental rest Lunch in quiet environment No significant classroom or standardized testing Modify rather than postpone academics Provide extra time; help and modified assignments.
Progress to Sept 4 when student handles 30-40 minutes of sustained mental exertion without worsening of symptoms.			
4	School—Part Time	<ul style="list-style-type: none"> Moderate accommodations Shortened day/schedule 	<ul style="list-style-type: none"> No standardized testing Modified classroom testing Moderate decrease of extra time; help and modification of assignments
Progress to Sept 5 when student handles 60 minutes of mental exertion without worsening of symptoms.			
5	School—Full Time	<ul style="list-style-type: none"> Minimal accommodations 	<ul style="list-style-type: none"> No standardized testing; routine tests are okay Continued decrease of extra time; help and modification of assignments May require more support in academically challenging subjects
Progress to Step 6 when student handles all class periods in succession without worsening of symptoms AND/OR receives medical clearance for full return to academics and athletics.			
6	School—Full Time Full academics No accommodations		<ul style="list-style-type: none"> Attends all classes No academic accommodations Full homework and testing