

## LC Concussion Leave—Return to Academic Work Protocol

Student name: \_\_\_\_\_

Date: \_\_\_\_\_

Once the student is cleared by their clinician and the school's physician/Medical Director (Dr. Adler 860.687.6325) or APRN (Nurse Jennifer Flynn 860.687.6325) to resume academic work, the Return to Academic Work Protocol must be put into effect. Only upon completion of this protocol may the student be cleared by the director of studies and dean of students to return to school.

This protocol ensures an incremental resumption of academic activity prior to the full return to school, by requiring monitored periods of work time and establishing confidence that the student is ready for full school days and academic expectations.

Students who have been on Concussion Leave for two weeks or less must follow a two-day return-to-work monitored protocol; for each additional week of leave one day is added to the protocol, up to four days.

Parents should complete the following checklist and schedule for Return to Academic Work and are encouraged to take notes regarding the student's symptoms, performance and functioning.

Upon completion of each required day of the protocol, parents should contact the director of studies to relate the details of the student's return to work. After the required days of meeting the protocol, the dean of students will consult with the parents and director of studies and determine the student's time of return.

### Day 1:

- The student may begin completing reading assignments for no more than 20 minutes at a time.
- The student must take an equal amount of break time between reading times.
- The student should not exceed 60 minutes of reading time on Day 1.

Number of reading periods taken, and for how long: \_\_\_\_\_

### Day 2:

- The student may begin completing other class assignments in addition to readings for no more than 30 minutes at a time.
- The student must take an equal amount of break time between work times.
- The student should not exceed 90 minutes of work time on day 2.

Number of work periods taken, and for how long: \_\_\_\_\_

### Day 3 (if on leave for three weeks):

- The student may increase the total work time to 120 minutes.
- Equal amounts of break time must be taken between work times, as above.

### Day 4 (if on leave for four or five weeks):

- The student may increase the total work time to 150 minutes.
- Equal amounts of break time must be taken between work times, as above.