RETURN TO ACADEMICS PROGRESSION

Progression is individual. All concussions are different. Students may start at any of these steps, depending on symptoms, and may remain at a step longer if needed. If symptoms worsen, the CMT should reassess. If symptoms quickly improve, a student may also skip a step or two. Be flexible!

<table>
<thead>
<tr>
<th>Steps</th>
<th>Progression</th>
<th>Description</th>
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</table>
| 1     | HOME – Cognitive and physical rest | - Stay at home  
- No driving  
- Limited mental exertion – computer, texting, video games, homework |
| 2     | HOME – Light Mental Activity | - Stay at home  
- No driving  
- Up to 30 minutes mental exertion  
- No prolonged concentration |

Progress to Step 3 when student handles up to 30 minutes of sustained mental exertion without worsening of symptoms.

| 3     | SCHOOL – Part Time | 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 adjustment of assignments |

Progress to Step 4 when student handles 30-40 minutes of sustained mental exertion without worsening of symptoms.

| 4     | SCHOOL – Part Time | No standardized testing  
Modified classroom testing  
Moderate decrease of extra time, help, and modification of assignments |

Progress to Step 5 when student handles 60 minutes of mental exertion without worsening of symptoms.

| 5     | SCHOOL – Part Time | No standardized testing; routine tests are OK  
Continued decrease of extra time, help, and adjustment 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 receives medical clearance for full return to academics and athletics.

| 6     | SCHOOL – Full Time | Attends all classes  
Full homework and testing |

When symptoms continue beyond 3-4 weeks, prolonged in-school supports are required. Request a 504 meeting to plan and coordinate student supports.

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