

Cognitive Recovery Zones

- Complete academic rest (no school work)
- Light basic cognitive tasks at home as tolerated

- Half time attendance or less
- Allow visits to nurse for worsening symptoms at any time
- Limited class participation (limited speaking, reading, presenting)
- No tests or quizzes
- Minimal to no homework. Prioritize learning goals and focus on major concepts
- No computer or projector screens, use audio books and printed notes/slides
- Allow use of items to accommodate to light and noise
- No band or music class
- No P.E.

- Half to full day attendance
- Partial or limited workload and homework
- Flexible due dates for assignments/projects. Allow partners, tutors to help
- Excuse or waive non-critical work
- Set reasonable schedule for makeup of essential work
- One test per day with extra time allowed may be considered at this stage
- Screen time should still be limited at this stage

- Full time attendance
- Transition back to full workload with normal expectations for all new material
- Create and follow plan to make up work identified as necessary for progression

- Back to full academic time and workload
- Can consider return to sport if cleared by physician

Contact us with any questions or concerns regarding the above accommodations.