

Muhlenberg School District
Health Services Department
Concussion Guidelines for Educators

Student Name: _____ **DOB:** _____

Date of evaluation: _____ **Date of Injury:** _____

No concussion present - student may participate in full academic activity, physical education and sports participation

Concussion resolved - may return to all normal academic and physical activity without restrictions.

Diagnosis of concussion:

Until this student is fully recovered, the following supports are recommended: *(check all that apply)*

___ No return to school until **(date)** _____ .

___ Return to school with following supports:

___ Shortened day: half days by alternating AM and PM attendance.

___ Allow extra time to complete coursework/assignments and tests.

___ Lessen homework load.

___ No homework or major projects.

___ No significant classroom testing/quizzes or standardized testing at this time.

___ Untimed tests and quizzes allowed.

___ No band, orchestra, chorus or music classes to include extracurricular school activities, i.e. marching band, school musical practice/performance.

___ Computer work and screen time as tolerated with scheduled breaks

___ No computer/screen time allowed

___ No physical education class/sports until further notice

___ May do low levels of non-contact physical activity. This includes walking, light jogging, light stationary biking, and light weightlifting (lower weight, higher reps, no bench, no squat). Student should stop if symptoms worsen.

___ **Gradual** return to sports practices under the supervision of an appropriate health care provider (e.g., athletic trainer or certified school nurse).

___ May resume full academic activity, which is to be made up gradually over 10 school days.

Follow up Appointment date: _____

Health Care Provider Signature: _____ **Name of Practice Group:** _____

Health Care Provider (Please Print): _____ **License#:** _____

Phone #: _____ **Fax#:** _____

*****THIS NOTE WILL BE IN EFFECT UNTIL STUDENT RECEIVES MEDICAL PROVIDER CLEARANCE and UPDATED FORM*****