



Concussion Procedures at Guerin Catholic High School

My child sustained a head injury. What should I do?

If your child is suspected of having a concussion and you are seeking academic accommodations, you must make an appointment to see a doctor. It is highly recommended to see a doctor who frequently treats concussions at a sports medicine clinic as they will be most familiar with how to diagnose and treat head injuries. The doctor will fill out a concussion accommodation form with recommended accommodations, if needed, and parents must bring it to the nurse's office at Guerin Catholic to initiate academic accommodations.

What accommodations will my child receive?

The doctor may make several recommendations, but here are the accommodations we can make at Guerin Catholic:

- Modified attendance
- No testing **or** Extra time on tests
- Workload reduction
- Limited work on computers
- Breaks as needed to rest in nurse's office

What other restrictions will be in place?

In order to expedite the recovery period, any student receiving academic accommodations may not attend sports practices or contests, extra-curricular activities, or participate in PE. This is not designed as a punishment, but rather to help your child recover quickly from a concussion. It is recommended parents limit screen time at home and encourage their child to get a lot of sleep.

How long will academic accommodations last?

Academic accommodations will expire according to the expiration date noted on the doctor's concussion accommodation form. If no expiration date is noted, accommodations will expire three weeks from the doctor's visit. Should a student be cleared prior to the expiration date by a doctor for participation in athletics, academic accommodations will automatically be removed at that time.



What if my child is still experiencing severe symptoms after accommodations expire?

This is rare, but it happens from time to time in severe cases. If symptoms are still lingering and accommodations are needed beyond the expiration of the concussion plan, parents should schedule a follow-up appointment with a physician and the doctor must issue a new accommodation form. It should be noted that accommodations extending longer than three weeks may affect your child's ability to show mastery of academic material and therefore may affect the ability to earn credit in a class.

When can my child resume participating in sports?

An athlete must have a doctor's written release stating he/she is cleared to participate in athletic activities. They must present this release to the athletic trainer who will then administer return-to-play protocols. A student-athlete may then return to full participation upon successful completion of the progression from the athletic trainer.

Who should I contact if I have questions?

If you have questions related to the procedure for obtaining accommodations, you should contact the Director of Health Services. Questions about academic accommodations once a plan is in place should go to your child's guidance counselor or teacher. If questions are related to athletic participation, contact the Athletic Trainer.

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