



**THREE VILLAGE**  
CENTRAL SCHOOL DISTRICT

**Return to Academics Protocol**  
**Concussion Treatment Plan**

*Developed by the Three Village Central School District and Orthopedic Associates of Long Island*

Name \_\_\_\_\_ DOB: \_\_\_\_\_ DOI: \_\_\_\_\_  
Patient's Name

**Phase 1 – Out Of School – No Home Instruction**

**Full Cognitive Rest/Sleep/Hydration**

**Until Further Notice:** \_\_\_\_\_

**Start Date:** \_\_\_\_\_ **End Date:** \_\_\_\_\_

- No Home Instruction
- No Homework
- No Computer
- No Electronic Devices/Texting (Includes use of all cell phones, smart phones)
- No Television/Video Games
- Limit Exposure To Bright Light

**Phase 2 – Out of School Home Instruction**

**Until Further Notice:** \_\_\_\_\_

**Start Date:** \_\_\_\_\_ **End Date:** \_\_\_\_\_

**Number of Minutes:** 60 \_\_\_ 90 \_\_\_ 120 \_\_\_ Other \_\_\_

**Per Week** \_\_\_ **Per Day** \_\_\_

- Limit Reading Independent of Content Area
- Limit Abstract Concepts
- Limit Higher Level Concepts
- No Tests/Quizzes
- Limit Test/Quizzes
- Extended Testing time
- Break projects into manageable portions
- No Homework
- Limit Homework: Number of minutes 0 \_\_\_ 30 \_\_\_ 60 \_\_\_ 90 \_\_\_ 120 \_\_\_ Other \_\_\_ Per Day
- Extend assignment deadlines
- No Computer
- Limit Computer
- No Electronic Devices/Texting (Includes the use of all cell phones, smart phones)
- No Television/Video Games
- Limit Exposure To Bright Light
- Allow Auditory Learning/Processing

**Phase 3 - Partial Home Instruction/Partial Return to School with Limitations  
Until Further Notice:\_\_\_\_\_**

**Start Date: \_\_\_\_\_ End Date: \_\_\_\_\_**

**Student May Attend Periods** 1\_\_\_ 2\_\_\_ 3\_\_\_ 4\_\_\_ 5\_\_\_ 6\_\_\_ 7\_\_\_ 8\_\_\_ 9\_\_\_

- Limit Tests/Quizzes
- Extended Test Time
- Limit Homework: Number of minutes 0\_\_\_ 30\_\_\_ 60\_\_\_ 90\_\_\_ 120\_\_\_ Other\_\_\_ Per Day
- Extend assignment deadlines
- Break projects into manageable portions
- Limit Computer
- Student May Go To Nurse If They Become Symptomatic
- May leave class 5 minutes early
- No Band/Chorus/Orchestra
- No Physical Education
- No Television/Video Games
- No Electronic Devices/Texting (Includes the use of all cell phones, smart phones)
- Other\_\_\_\_\_
- Alternative Transportation, No Bus, No Field Trip

**Phase 4 - Return to Full School Day with Limitations  
Until Further Notice:\_\_\_\_\_**

**Start Date: \_\_\_\_\_ End Date: \_\_\_\_\_**

- Limit Test/Quizzes
- Extended Test Time
- Limit homework: Number of minutes 0\_\_\_ 30\_\_\_ 60\_\_\_ 90\_\_\_ 120\_\_\_ Other\_\_\_ Per Day
- Limit Computer
- Limit time in Band/Chorus/Orchestra
- No Physical Education
- Student May Go To Nurse If They Become Symptomatic
- May leave class 5 minutes early
- Limit the use of Electronic Devices/Texting
- Limit Television
- No Video Games
- Other\_\_\_\_\_

**Phase 5 - Return to Full School Day: No Academic Restrictions  
No Physical Education- Book work only  
Commence Return to Play Protocol**

**Comments:** \_\_\_\_\_  
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MD SIGNATURE

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