



CATHEDRAL

Concussions

When a student sustains a head injury, it is important that the student, parents or guardians, nurse, guidance counselor, teachers, physician and athletic trainer (if applicable) all work together to help the student recover. Communication is key.

If accommodations need to be made, we need to receive the recommended accommodations from the student's physician and a release form. The student's guidance counselor then uses this as a guideline to establish a Cathedral Plan of Accommodation. Once developed, this plan is shared with the student and their teachers.

Until the student is symptom free, the guidance counselor will meet regularly with the student in order to provide support and adjust the accommodations as needed.

If the concussion is serious enough to keep a student out of school for more than one week:

- Parents will provide the student's guidance counselor with weekly updates on the student's status.
- These updates will be shared with the student's teachers.
- The effectiveness of the accommodations for each class will be reviewed and adjusted as needed.
- Reviews will continue until the student returns to school and/or is symptom free. At that time all accommodations will come to an end.



CATHEDRAL

Procedures for Students with Head Injuries / Diagnosed Concussions

The concussion policy at Cathedral High School is provided for all students that sustain a head injury. This document provides details for students with head injuries that are athletic and nonathletic related. When a student sustains a head injury, it is important that the student, parents/guardians, guidance counselor, nurse, teachers, physician, and athletic trainer (if applicable) all work together to help the student recover. Frequent communication is essential throughout the recovery process. The following is meant to be a guideline only, as each injury and recovery must ultimately be handled on an individual basis.

Protocol for Students with Diagnosed Head Injuries:

1. When the student returns to school, he/she will meet with his/her guidance counselor to discuss the plan for accommodations. Accommodations will be made using the guidelines provided by the student's physician. No academic accommodations will be provided without physician recommendation.
2. The guidance counselor will communicate the accommodations to the student's teachers.
3. The guidance counselor will continue to meet with the student regularly until the student is symptom free in order to provide support and/or adjust accommodations as needed.
4. If the concussion is serious enough to keep the student out of school for more than one week, the parents/guardians will provide the student's guidance counselor with weekly updates on the student's status and these updates will be shared with the student's teachers. The effectiveness of the accommodations for each class will be reviewed at this time and adjusted as needed. These reviews will continue until the student returns to school and/or is symptom free and accommodations will end.
5. If symptoms continue for two weeks or more, the student/parent must provide an additional note from the family physician.
6. The student's physician determines when the student is symptom free and student may return to learn without further accommodations.

Reporting Concussions to Cathedral High School:

1. If a student sustains a head injury outside or inside of school, parents/guardians should make an appointment with a physician right away.
2. If a student sustains a head injury while participating in athletics/activities at Cathedral, the athletic trainer or coach will assess the student and contact parents/guardians. If a concussion is indicated, parents must contact a physician.
3. Coach/and-or Trainer must contact the Activities Director who will share this information with guidance counselors.

Regardless of where the concussion was sustained, in order to receive accommodations from the school, the school should receive the following two items:

- a. Medical Release of Information: signed by parents/guardians
 - b. Recommended Accommodations*: filled out by physician
- (*To be used if clinic does not have its own comprehensive form)

Return to Play Progression - Additional protocol for student-athletes:

1. When a student went to a doctor for the initial diagnosis, the school must receive a document from the student's physician giving him/her clearance to play before the athlete can return to the team. At that time, the athlete will begin a Return-to-Play Progression as established by the athletic trainer.
2. A student must be symptom-free at rest before he/she can begin the Return-to-Play Progression. This progression will be established and monitored by the athletic trainer.
3. Once symptom-free, a student may retake the ImPact Baseline Test.
4. In accordance with Minnesota State High School League rules, the Return-to-Play Progression requires the athlete must participate in a full contact, full practice before he/she can compete in a game/match.
5. When a student is cleared to Return-to-Play, no additional academic accommodations will be made; however, students may still need extended time for outstanding work, as determined by guidance counselor, the student, and individual teachers.

Concussion Baseline Testing

All student-athletes are encouraged to take the ImPact Baseline Test once every two years. In the event of a concussion, this information can be used in evaluation and recovery. CHS provides this service free of charge at appointed times.

Concussion Protocol

Revised October 2016

Concussion Occurs

Outside of school
School notified

If in school, accident
report must be filed

If during a sport,
AD must be contacted

Medical Professional Contacted

Return to Learn Process – happens first

Information about all concussions must
be relayed to Counselor

Counselor communicates w/teachers/parents & student

Accommodations put in place

If no change after 2 weeks, additional
doctor's note needed

Accommodations removed

Return to learn

Return to Play Process

Must be cleared to play by
medical professional

Activities Office/AD notified

Return to Play



Cathedral High School Concussion Care Academic Accommodation Plan

Student Name:

DOB/ Grade:

Date of Doctor Visit:

The following temporary accommodations are recommended:

Late Start/Early Release or alternate morning/afternoon attendance as needed

Breaks or quiet rest during the school day

No PE class

Reduce or Eliminate the amount of homework required

Extended time to complete assignments

Provide copies of notes

Allow tests to be taken in a quiet area

Allow extended time for tests

Limit screen use/provide paper copies

Additional Comments:

It is recommended that these accommodations be provided for 1-2 weeks. If the student is still experiencing symptoms after 2 weeks and requesting academic accommodations, the school will need an updated doctor note and families may be asked to sign a release for the school to communicate with the doctor.