



Return to School Clearance After Concussion

3423F5

Snohomish School District No. 201, Snohomish, WA 98290

Student Name: _____ **DOB:** _____

School: _____ **Grade:** _____

Date of Concussion: _____

A concussion is an injury to the brain that temporarily changes how the brain normally functions. It is usually caused by a sudden blow/injury to the head. Children/students often bump or hit their head without getting concussions. Signs and symptoms of a concussion include dizziness, headache, nausea/vomiting, confusion, acting dazed, forgetting what happened before or after the injury & being "knocked out." A person does NOT need to be knocked out or lose consciousness to have had a concussion. Other words or terms for a concussion include: traumatic brain injury (TBI) and closed-head injury.

Student may return to school on: _____
(Date)

Physical Activity:

- No restriction** (resume full participation in PE, recess and extracurricular sports).
- Partial restriction** (can participate in the following activities): _____
- Full restriction** (no participation in any physical activities) until: _____

Academic (Cognitive) Activity:

- Student may return to full participation without limitations.
- The following cognitive accommodations are recommended for this student:
 - Gradual re-integration to school (e.g., student returns part-time before resuming a full schedule)
 - Student not asked to do all missed work
 - Rest time or breaks as needed during the day
 - Overall homework and class work load reduced
 - No use of computer or other video equipment until after _____(Date)
 - No testing until after _____(Date)
 - Other: _____

Student has been counseled on how to self-manage this concussion: Yes No

Student may resume full participation in all activities after _____(Date)

Student is to be re-evaluated on _____(Date) **And may not resume full participation until cleared.**

Health care provider comments:

Health Care Provider's Signature Telephone/Fax Date

Health Care Provider's Printed Name or Stamp Parent Nurse/School

Routing:

Parent	Nurse	Counselor	Teacher	PE	Principal	Coach	Playgr/recess
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