

Reasonable Accommodations for the Student-Athlete Recovering From Concussion

Table 1

Accommodation	Rationale
Excused absence from class	Several days of complete rest, progressing to limited attendance, may be needed
Rest periods during the school day	When symptoms flare, brief rest and pain medication may allow student to return to class
Extension of assignment deadlines	Information-processing speed and ability to handle full workload may be impeded
Postponement or staggering of tests	Mental effort to prepare and then take test may worsen symptoms
Excuse from (or unweight) specific tests and assignments	Relieves emotional pressure and allows return to regular workload as soon as possible
Extended testing time	Information-processing speed may be impeded
Accommodation for light or noise sensitivity	Fluorescent light and high-stimulation environments may cause symptoms
Excuse from team sport practice and gym activities	No physical activity progresses to limited physical activity, as tolerated
Monitor backpack weight, stair use, playing of wind instruments	Avoidance of other physical exertion
Use of a reader (or recorded books) for assignments and testing	Lessens visual scanning and concentration demands
Use of a note taker or scribe	Lessens attentional, visual, and concentration demands
Use of a smaller, quieter examination room	Lessens stimulation and distraction
Preferential classroom seating	Lessens distraction
Temporary assistance of a tutor	Assists in organizing and prioritizing assignments

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