



RETURN TO LEARN

Concussion affects the way the brain functions. Different people can be affected in different ways.

It is common for concussed children or adolescents to have difficulty concentrating and paying attention in class. They may require more time to complete school work.

When a concussed child or adolescent starts to concentrate for long periods, the 'load' on the brain can bring on or worsen the symptoms of concussion. Gradually increasing the load on the brain without provoking symptoms is recommended.

During recovery from concussion, it is recommended that students:

- > avoid physical activity during the first 24-48hours
- > resume non-contact/collision activity as tolerated. This should be increased in a graduated fashion, according to symptoms
- > avoid extensive screen time, especially during the first 48 hours following concussion (including computer use, texting, video games, television).

Ways to help students in the classroom recover from concussion include:

- > regular breaks from class
- > shortened school day
- > postponing exams
- > additional time to complete exams and assessments
- > additional time to complete tasks in class.

For more information visit concussioninsport.gov.au

"if in doubt, sit them out"