



**Disability Services for Students**

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## **BW Concussion Management Plan**

The BW Multi-Disciplinary Concussion Management process is a comprehensive plan which addresses necessary cognitive and physical rest and academic accommodations to aid in the recovery of students affected by this traumatic brain injury. The BW Concussion Management plan is guided by the NCAA Concussion Return-to-Learn Guidelines. In general, these guidelines emphasize four major points:

1. A stepwise program that fits the needs of the individual.
2. Both physical and cognitive activities require brain energy, and such brain energy is not available for physical and cognitive exertion because of concussion-induced brain crisis.
3. Recommendations based on consensus statements, with a paucity of evidence-based data to correlate with consensus recommendations.
4. Recommendations made within the context of a multi-disciplinary team that includes physicians, athletic trainers, coaches, and administrators.

### **What Students Need to Know – 5 Step Concussion Recovery & Treatment Process**

- 1. Disability Services for Students (DSS) must be notified of the injury.**
  - If the injury is athletics-related, the Athletic Training Department will be responsible for this notification.
  - If you are diagnosed and treated by the BW Health Center, the Health Center will notify DSS of the injury.
  - For off-campus injuries, you will need to provide DSS with medical documentation specifying the concussion diagnosis.
- 2. A Letter of Rest will be sent to your faculty and advisor, indicating that you need 3 – 5 consecutive days of complete rest.**
  - During the prescribed period of rest, you are expected to refrain from any mentally and physically engaging activities.
  - Immediately after the rest period, it is your responsibility to obtain notes/materials and contact your professors to discuss a timeline for completing missed assignments/tests.
- 3. A temporary Letter of Accommodation (LOA) will be sent to your faculty and advisor, indicating that you are eligible to receive specific academic accommodations upon your return to class. The temporary LOA will expire three (3) weeks from the date issued.**
  - If you intend to use testing accommodations through the DSS Accommodated Testing Center, you must meet with the Disability Specialist to learn the process and schedule exams. Send an email directly to [disability@bw.edu](mailto:disability@bw.edu) to schedule an appointment.
  - If your concussion symptoms persist beyond three (3) weeks, you will be provided with extended accommodations as appropriate.

**4. You are referred to the Speech Clinic for evaluation.**

- You must make an appointment with the Speech Clinic and attend recommended follow-up appointments and/or necessary treatments. Call the Speech Clinic directly at 440-826-2149.
- If you are an athlete, you will be required to be cleared by a physician before participating in any physical activity and returning to play.
- For non-athletes, you must be cleared by a physician before returning to physical activity (i.e., performance-based/activity courses).

**5. You should maintain regular communication with your professors throughout this process to keep them informed of your recovery and progress.**