



# Brain Injury Association of Vermont

1 Derby Lane, Suite 2, Waterbury, VT 05676 ♦ Toll-Free Help-line: 877-856-1772  
Fax: 802-244-4005 ♦ email: [support@biavt.org](mailto:support@biavt.org) ♦ Web Page: [www.biavt.org](http://www.biavt.org)

---

## Concussion Return to Learn Tips Hybrid/Remote Learning for Teachers

During the school year when hybrid and remote learning takes place, the Return to Learn Protocol must be tailored to our increased reliance on computer/distance/online learning.

When you are notified of a student who has a concussion, we will still be advising progression of work based on each student's symptoms. Here are some guidelines for this COVID time:

1. If a student needs complete rest for symptoms such as headaches, nausea, dizziness, etc., early in recovery, they will be called in ill and not use electronics. Those are true ill days.
2. **In person** learning days will start with a check in at the health office and the usual modifications around decreasing overhead lights in classrooms, allowing eyes closed for videos, providing class notes and coming to the health office if they have symptoms should still continue. Their first day back may be a listening/observation day.
3. Teachers should provide printouts from whiteboard or PowerPoint presentations.
4. A student on partial or full remote may need to access remote learning in short chunks of time and work. This should be arranged with each teacher to see what works best for the class. Twenty-minute length blocks is a good starting point.
5. A student accessing online live streaming learning may need to be on audio only so they can close their eyes and listen vs. enabling their video and being seen. This may prolong the time they can spend engaged in class.
6. Provide audiobooks in accessible format so the student may follow text while listening. \*
7. Utilize voice to text, online voice recognition, and Chromebook extensions like immersive reader whenever possible. Utilization of a blue filter, change of font color and larger font size can help as well. Limit screen time to editing documents.
8. Modify instead of postponing assignments. Shorten or eliminate some if a student is struggling with deadlines.
9. Postpone assessments and extend deadlines for projects as we know a lot of reading and complex projects tend to exacerbate symptoms.

*"Creating a better future for Vermonters affected by brain injury, through prevention, advocacy, education and support."*



# Brain Injury Association of Vermont

1 Derby Lane, Suite 2, Waterbury, VT 05676 ♦ Toll-Free Help-line: 877-856-1772  
Fax: 802-244-4005 ♦ email: [support@biavt.org](mailto:support@biavt.org) ♦ Web Page: [www.biavt.org](http://www.biavt.org)

---

10. Create a concrete action plan and schedule for managing make up work and new learning.
11. It is fine to meet with a student online for short meetings to see how they are progressing and handling work.
12. Do not hesitate to contact your school nurse and parent with any concerns.

\*For additional assistance and resources, please contact the Brain Injury Association of Vermont at 802-244-6850 option 3, visit our website at [biavt.org/resources](http://biavt.org/resources) or email [support@biavt.org](mailto:support@biavt.org)

This information is brought to you by the Concussion Task Force, a standing committee with the Brain Injury Association of Vermont (BIAVT).

**Version: January 2021**

*"Creating a better future for Vermonters affected by brain injury, through prevention, advocacy, education and support."*