

Seneca Valley Junior Football and Cheer Association

Post Concussion Instructions and Return to Play Clearance Form

To: Parent/Guardian: _____

From: Seneca Valley Junior Football and Cheer Association

Name of Representative: _____

Position of Representative: _____

Phone Number of Representative: _____

Your child/ward _____ may have sustained a concussion, and by policy has been removed from play until he/she has been medically cleared to return to play by a qualified health care professional. It is not within our purview to dictate how or by whom your child/ward should be managed medically. The following serve as general guidelines only for immediate management during the first 24 hours:

1. Diet — Drink only clear liquids for the first 8-12 hours and eat reduced amounts of foods thereafter for the remainder of the first 24 hours.

2. Pain Medication — Do not take any pain medication except Tylenol. Dosing instructions provided with pain medications should be followed.

3. Activity — Activity should be limited for the first 24 hours- this would involve no school, video games, extracurricular or physical activities or work when applicable.

4. Observation — several times during the first 24 hours:

- a. Check to see that the pupils are equal. Both pupils may be large or small, but the right should be the same size as the left.
- b. Check the athlete to be sure that he/she is easily aroused; that is, responds to shaking or being spoken to, and when awakened, reacts normally.
- c. Check for and be aware of any significant changes. (See #5 below)

5. Significant changes-

Conditions may change significantly within the next 24 hours. Immediately obtain emergency care for any of the following signs or symptoms:

- a. persistent or projectile vomiting
- b. Unequal pupil size (see 4a above)
- c. Difficulty in being aroused
- d. Clear or bloody drainage from the ear or nose
- e. Worsening headache
- f. Seizures
- g. Slurred speech
- h. Increasing confusion- can't recognize people or places
- i. Weakness or numbness in the arms or legs
- j. Unusual behavior change — increasing irritability

- k. Loss of consciousness

6. Improvement

The best indication that an individual who has suffered a significant head injury is progressing satisfactorily, is that he/she is alert and behaving normally.

7. Contact your health care provider

- Before returning to physical activities, contact your health care provider for evaluation. If he or she diagnoses a concussion, use the attached form to help your health care provider determine when your child/ward is fully recovered and able to resume normal activities, including sports.

Talk to your health care provider about the following:

- Management of symptoms
- Appropriate levels of school activity or the need for reducing academic coursework for a temporary period of time
- Appropriate levels of physical activity

8. Return clearance form prior to returning your child to play

- Before your child will be allowed to return to play, you will need to return the attached "Concussion Return to Play Clearance Form" signed by your health care provider to SVJFAC.

Attachment: Concussion Return to Play Clearance Form

Concussion Return to Play Clearance Form

To: Health Care Provider

This form has been developed in order to provide a uniform method for health care professionals to provide a written release for student/athletes to return to play after having suffered a concussion or having demonstrated signs, symptoms or behaviors consistent with a concussion and having been removed from competition or practice as a result.

As of January 2013, the Seneca Valley Junior Football and Cheer Association requires that a child suspected of having sustained a concussion be removed from sporting events and prohibited from returning to play until that child has been evaluated by an appropriate health care provider.

Our guidelines require the following of the health care provider:

- Provide the our organization with a written statement, stating that within 3 years before the day on which the written statement is made that they have successfully completed a continuing education course in the evaluation and management of concussion.
- Provide the our organization written clearance that the child is cleared to resume participation in the sporting event of the amateur sports organization

While this form does not presume to dictate to professionals how to practice medicine, the guidelines for return to play from a concussion do represent consensus expert opinion from national and world leaders in sport concussion management. The components of this form are intended to address concerns of coaches, parents, student/athletes, administrators, and healthcare professionals regarding written clearance from a health care professional for a concussed student/athlete to return to play.

In order to maintain compliance with our program, our organization requests that the healthcare provider utilize this form in granting medical clearance to return to sporting events.

SUGGESTED PRINCIPLES IN CLEARING A STUDENT/ATHLETE TO RETURN TO PLAY

Recovery from concussion and progression through the Return-to-Play stages is individualized and determined on a case by case basis. Many factors influence the rate of progression and include previous concussion history, duration and types of symptoms, age and sport/activity in which the student/athlete participates. Student/athletes with a history of prior concussion, extended duration of symptoms, or participation in collision or contact sports may progress more slowly.

The following table provides the framework for the return to play protocol.

It is expected that student/athletes will start in stage 1 and remain in stage 1 until symptom free.

The patient may, under the direction of a health care professional, progress to the next stage only when the assessment battery has normalized. The assessment battery may include any or all of the following:

- a. Symptom assessment
- b. Cognitive assessment with computerized or other appropriate neuropsychological assessment
- c. Balance assessment along with general neurologic examination.

It is anticipated that at least 24 hours will be required, at a minimum, of being asymptomatic with each stage before progressing to the next stage.

Utilizing this framework, **in a best case scenario**, a patient sustaining a concussion and being asymptomatic by the next day will start in Rehabilitation Stage 1 at post injury day 1 and progress through to stage 6, "Return to Play" by post injury day 6.

There may be circumstances, based on an individual's concussion severity, where the return to play protocol may take longer. Under all circumstances the progression through this protocol shall be overseen by the managing health care professional.

Each athlete with a concussion shall be personally evaluated by an appropriate health care professional at least one time during this process.

When the athlete has successfully passed through stage 5, "Full Contact Practice", and has previously been evaluated by an appropriate health care professional or recognized concussion management program, a clearance may be obtained from the individual designated on this form if authorized by the managing health care professional.

A completed Concussion Return to Play Clearance Form indicating the student is medically released to return to full competition shall be provided to school officials prior to a student who has been removed from a contest or practice for a suspected concussion, being allowed to return to play.

Graduated Return To Play Protocol		
Stage	Functional Exercise or Activity	Objective
1. Light Aerobic Physical Activity DATE TESTED: _____	Non-impact aerobic activity (e.g. swimming, stationary biking) at <70% estimated maximum heart rate for up to 30 minutes as symptoms allow	Increase heart rate, maintain condition, assess tolerance of activity. DATE CLEARED: _____ INITIALS ____
2. Increased Heart Rate, Incorporate Increased Head and Body Movement DATE TESTED: _____	.	
3. Integrated Non Contact Physical Activity DATE TESTED: _____	Non-contact sport specific drills at reduced speed; Aerobic activity at 70-85% estimated maximum heart rate; light resistance training (e.g. weights at 50% previous max ability)	Begin assimilation into team dynamics, introduce more motion and non impact jarring. DATE CLEARED: _____ INITIALS ____
4. Non Contact Reintegration into Practice (Full Speed) DATE TESTED: _____	Regular non-contact training drills: aerobic activity at maximum capacity including sprints: regular weight lifting routine	Ensure tolerance of all regular activities short of physical contact. DATE CLEARED: _____ INITIALS ____
5. Full Contact Practice DATE TESTED: _____	Full Contact Practice	Assess functional skills by coaching staff, ensure tolerance of contact activities. DATE CLEARED: _____ INITIALS ____
6. Return To Play	Regular game competition	

Concussion Return to Play Clearance Form

Student/Athlete Name

Date of Birth

League Representative

Date of injury

Date of Initial Exam

**The league representative is the individual from SVJFAC who provided this form to the student athlete and is familiar with the student/athlete and this incidence of injury.*

After reviewing the available medical facts, it is my opinion the above named athlete did NOT sustain a concussion on the date of injury noted and is medically released to return to play in the above sport.

The above named athlete did sustain a concussion on the date of injury noted, has recovered but has not progressed through the return to play protocol. The athlete is therefore medically released to continue to advance activities per the graduated return to play protocol (see table on page 5). Ideally, the student-athlete's progress through the stages will be monitored by a licensed athletic trainer. When a licensed athletic trainer is not available the athlete is to be monitored in their progress through each stage by a responsible adult who at a minimum:

- a. has been trained in the recognition of signs and symptoms of concussion
- b. will have consistent contact with the student/athlete
- c. and is familiar with the Return to Play Protocol and stages

The individual responsible for monitoring the progress of the student-athlete through the stages of the Return to Play Protocol should consult with the managing health care professional when necessary and shall consult (may be in person, by phone or e-mail) with the managing health care professional prior to the release of the student/athlete to return to play.

Person responsible for monitoring progress

Date graduated return to play may begin

I certify that I have consulted with the managing health care professional named on this form and have received a medical release from the managing health care professional for the athlete named herein to return to play in the sport indicated.

Signature of person responsible for monitoring progress

Date step 5 completed asymptotically

By signing this form the health care professional is certifying that they are a licensed health care provider practicing within their scope of practice, and have within 3 years of this date completed a continuing education course in the evaluation and management of concussion. The signature invokes the condition checked above.

Health Care Professional Signature

Date of medical clearance

Date signed

Health Care Professional Name (printed or typed)

Office phone

Health Care Professional Office Address