

URBANA ATHLETIC DEPARTMENT HEAD INJURY RETURN TO PLAY PROTOCOL
(Revised 12-12-2014)

Return to sport guidelines

NO ATHLETE THAT HAS SUSTAINED A CONCUSSION MAY RETURN TO PLAY THE SAME DAY. THEY MUST BE RELEASED BY A PHYSICIAN AND/OR LICENSED ATHLETIC TRAINER IN COOPERATION WITH OR UNDER THE DIRECTION OF A PHYSICIAN. THEY MUST BE SYMPTOM FREE AND PASS FUNCTIONAL RETURN TO SPORT PROGRESSION WITHOUT SYMPTOMS. **WE WILL FOLLOW THE OHSAA GUIDELINES FOR RETURN TO PLAY.**

- NO ATHLETE THAT IS SYMPTOMATIC SHALL RETURN TO THE GAME. “When in doubt, sit them out”
- Symptoms are defined and tracked using GSC form and the Sideline Evaluation (SCAT2). The IMPACT neurocognitive test program will be used as a tool to help determine injury and recovery.
- Athletes must be examined by a physician per Ohio State Law. Once under the care of a physician, that physician must give written release to return to athletics.
- Once released by a physician, the athlete must pass return to play protocol without symptoms
- Urbana City Schools reserves the right to overrule a physician’s release, if it is in the best interest of the athlete. All concussed athletes must meet the OHSAA return to play guidelines before returning to participation.
- Concussions will be reevaluated periodically with a GSC and IMPACT test.
- Any symptoms recurring during the return to sport program will result in return to previous stage. This program will begin with light conditioning on the first day after symptom-free and gradually increase each day as tolerated, adding sport specific skills until athlete has met skill level to return to practice. **SEE OHSAA RETURN TO PLAY PROTOCOL.**
- Without a baseline IMPACT test, all results will be compared to a normative value for the student’s sex and age grouping. This may make it difficult to accurately assess the data and result in a longer return to normal period.
- The OHSAA Medical Authorization Form to return to play, or a comparable medical document, must be completed by an MD or DO to permit return. A comparable medical document must include: athlete name, date of physician visit, date of physician release, and physician signature. The document must clearly state that patient was seen for concussive symptoms
 - If no concussion was sustained, the physician must clearly state this information on the form.
 - Physicians must provide written return to play regimen if different regimen from OHSAA guidelines is to be followed.