



# St. Patrick School

*Working Together to Challenge Minds and Foster Faith*

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## PREVENTION AND TREATMENT OF SPORTS RELATED CONCUSSIONS AND HEAD INJURIES

### WRITTEN CLEARANCE/RETURN TO PLAY FORM

Dear Physician:

Your patient, \_\_\_\_\_, has been examined by you for the possibility of a concussion/head injury sustained while participating in an interscholastic athletic program. As per the Carlstadt-East Rutherford school policy 2431.4, the student-athlete's physician must provide to the school district, upon completion of a medical examination, a written medical release/clearance when the student-athlete is able to return to the activity. The release/clearance must have the form below completed. Thank you.

#### RETURN -TO-PLAY BASED ON TODAY'S EVALUATION

Date of evaluation: \_\_\_\_\_

Based on today's medical evaluation: (check one)

\_\_\_\_\_ The injury was NOT a concussion or other head injury, the student is asymptomatic at rest, and the student-athlete may return to the interscholastic activity

\_\_\_\_\_ The injury WAS a concussion or other head injury, the student-athlete is asymptomatic at rest, and can begin the graduated return to competition and practice protocol outlined in the Carlstadt-East Rutherford policy 2431.4 F. 1 (see other side).

I hereby certify that I have received training in the evaluation and management of concussions. (N.J.S.A. 18A:40-41,4)

Signature of Physician: \_\_\_\_\_ M.D. D.O. (circle one)

Printed name of Physician: \_\_\_\_\_

Stamp of Physician:

## **2431.4- Prevention and Treatment of Sports Related Concussions and Head Injuries M**

Section: Program

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### F. Graduated Return to Competition and Practice Protocol

1. Upon the school physician's acceptance of the written medical release/clearance, the student-athlete may begin a graduated return to competition and practice protocol supervised by a licensed athletic trainer, school or team physician, or designated school nurse trained in the evaluation and management of concussions and other head injuries. The following steps shall be followed:

Step 1 - Completion of a full day of normal cognitive activities (attendance at school, studying for tests, watching practice, interacting with peers, etc.) without re-emergence of any signs or symptoms. If there is no return of signs or symptoms of a concussion, the student-athlete may advance to Step 2 below on the next day. If a re-emergence of any signs or symptoms of a concussion occur, the student-athlete shall be required to have a re-evaluation by the student-athlete's physician or licensed healthcare provider. The student-athlete shall not be permitted to begin the graduated return to competition and practice protocol until a medical clearance, as required in E.3. above, is provided and approved by the school or team physician.

Step 2 - Light aerobic exercise, which includes walking, swimming, or stationary cycling, keeping the intensity less than 70% maximum percentage heart rate. There shall be no resistance training. The objective of this Step is increased heart rate. If there is no return of any signs or symptoms of a concussion, the student-athlete may advance to Step 3 below on the next day. If a re-emergence of any signs or symptoms of a concussion occur, the student-athlete shall return to Step 1.

Step 3 - Sport-specific exercise including skating and/or running. There shall be no head impact activities. The objective of this Step is to add movement and continue to increase the student-athlete's heart rate. If there is no return of any signs or symptoms of a concussion, the student-athlete may advance to Step 4 below on the next day. If a re-emergence of any signs or symptoms of a concussion occur, the student-athlete shall return to Step 2.

Step 4 - Non-contact training drills such as passing drills, agility drills, throwing, catching, etc. The student-athlete may initiate progressive resistance training. If there is no return of any signs or symptoms of a concussion, the student-athlete may advance to Step 5 below on the next day. If a re-emergence of any signs or symptoms of a concussion occur, the student-athlete shall return to Step 3.

Step 5 - The student/athlete's medical condition, upon completing Step 4 with no return of any signs or symptoms of a concussion, shall be evaluated for medical clearance based upon consultation between the school district's licensed athletic trainer, school or team physician, designated school nurse, and the student-athlete's physician. After this consultation and upon obtaining written medical release/clearance approved by the school or team physician, the student-athlete may participate in normal training activities. The objective of this Step is to restore the student-athlete's confidence and for the coaching staff to assess the student-athlete's functional skills. If there is no return of any signs or symptoms of a concussion, the student-athlete may advance to Step 6 below on the next day. If a re-emergence of any signs or symptoms of a concussion occur or if the student-athlete does not obtain medical release/clearance to proceed to Step 6, the school or team physician, in consultation with the student-athlete's physician, shall determine the student-athlete's return to competition and practice protocol.

Step 6 - Return to play involving normal exertion or game activity. If the student-athlete exhibits a re-emergence of any concussion signs or symptoms once he/she returns to physical activity, he/she will be removed from further activities and returned to Step 5.