

Athletic Return to Play Protocol

- If an athlete is injured during practice or competition, the Athletic Trainer will evaluate the injury and recommend a course of action.
 - The Athletic Trainer's recommendation may be as simple as taping an ankle, referring the student-athlete to their family physician or, in some rare cases, sending the athlete to the Emergency Room.
- If an athlete has been seen by a doctor, or the Athletic Trainer has decided the athlete needs to see a doctor, they CANNOT return to practice/competition until they have a signed note, from a Physician (Chiropractors and Physical Therapist's do not count) that clearly describes the injury and states that the injured athlete is cleared to resume FULL athletic participation.
 - WIAA Rule 18.13.3 "to resume participation following an illness and/or injury serious enough to require medical care, a participating student must present to the school officials a physicians medical release."
- If an athlete participates without providing a Physicians note, that athlete is an ineligible player which can result in forfeits of any games that athlete participated in.
- An Injured athlete CANNOT return to practice/competition until the Athletic Trainer clears him/her for participation, regardless of physicians note.
- Athletes returning to participation after prolonged rehabilitation and inactivity must have an appropriate number of practices prior to full participation.

Concussion Management

- If an athlete is suspected to have sustained a head injury, the Athletic Trainer will evaluate the athlete for a concussion.
- Per the Zackery Lystedt Law in the state of WA, "if concussive signs/symptoms are present any athlete under the age of 18 must be removed from participation for the remainder of the day."
 - If no concussive symptoms are present and the evaluation shows no sign of a concussion per the Athletic Trainer's testing, the athlete can return to participation.
- If an athlete has been evaluated for a concussion and held out due to concussive symptoms, the Athletic Trainer will contact a parent with instructions on what to do when the athlete arrives home.
- If an athlete continues to report concussion symptoms for three days, they are required to be evaluated by a Physician, one who is specially trained in concussion management (this usually excludes Pediatricians or Urgent Care doctors).
- Once an athlete is seen by a Physician for a concussion, they are required to complete the Concussion Return to Play Protocol (see reverse side for specifics).
- Prior to day 5 of the Return to Play Protocol, the athlete must take the Post-Injury IMPACT test. The test results must be within a normal range of their baseline.
- Again, despite what the Physicians note states the athlete cannot be cleared to full participation until the Athletic Trainer clears him/her.



CONCUSSION RETURN TO PLAY MEDICAL RELEASE

Take this form to your Licensed Health Care Provider. It must be completed by the appropriate medical providers and returned to the onsite Athletic Trainer before returning to play. The Lystedt Law states that the athlete may not return to play until evaluated by a licensed health care provider trained in the evaluation and management of concussion and receives written clearance to return to play from that health care provider. The Seattle Sport Concussion Program and the WIAA state that appropriate medical providers include MD, DO, PA, and ARNP trained in the evaluation and management of concussion.

INJURY DETAILS – TO BE COMPLETED BY ATHLETIC TRAINER OR TREATING HEALTH CARE PROVIDER

Student-athlete name: _____ Date of Birth: ____/____/____

School: _____ Grade: _____ Sport: _____ Date of Injury: ____/____/____

At the present time, the student is: Symptom-free at rest NOT symptom-free at rest
 Symptom-free with exertion NOT symptom-free with exertion

Description of injury/comments: _____

Completed by (Printed name): _____ Signature: _____ Date: ____/____/____

HEALTH CARE PROVIDER RECOMMENDATIONS – VALID FORM MUST BE COMPLETED AND SIGNED

Date of Health Care Provider appointment: ____/____/____

ACADEMICS:

- Student-athlete may return to school now
- Student-athlete may return to school on ____/____/____

Classroom accommodations: _____

Please note:

- Athlete is not allowed to return to participation on the same day of the injury.
- Athletes should never return to physical activity (including PE and club/recreational sports) if still symptomatic.
- This return-to-participation plan is based on today's evaluation, and deciding to provide clearance releases athlete back to the care of the Athletic Trainer.

PHYSICAL ACTIVITY:

- Student-athlete is **not cleared** to participate in any physical activity, and is:
 - Being referred for further testing/evaluation to: _____ on ____/____/____
 - To be seen again by treating provider on ____/____/____
 - To be reassessed via phone/email conversation on ____/____/____ with treating provider.
- Student-athlete is **cleared** and ready to begin monitored return-to-participation protocol once asymptomatic for 24 hours
- Student-athlete is **cleared** for full participation. They have **completed** the return-to-participation progression under my supervision without any recurrence of symptoms.

Additional comments/instructions: _____

Direct Provider phone number/email for AT to contact: _____

Health Care Provider Signature: _____ Name (please print): _____

Graduated, Step-wise Return-to-Participation Progression: Only one step may be completed each day, under supervision of the Athletic Trainer.

1. **No activity:** Complete physical and cognitive rest. This may include staying home from school or limiting academic hours, including studying and homework.

Before progressing to the next stage, student-athlete must be able to attend school full time with no returning symptoms.
2. **Light aerobic exercise:** Walking/jogging or stationary biking at low intensity. No weight lifting or resistance training.
3. **Sport-specific exercise:** Sprinting, sport-specific training and agility drills, etc. No helmets or equipment. No head impact activities.
4. **Non-contact training:** More complex sport-specific drills in full equipment. May start weight or resistance training.
5. **Full contact practice:** Return to practice as normal with no restrictions.
6. **Unrestricted return to full participation/competition.**