

WASHINGTON STUDENT CYCLING LEAGUE
Post-Concussion Instructions & Return to Play Clear Form



To the Parent/Guardian of _____

From: Lisa Miller , at WASHINGTON STUDENT CYCLING LEAGUE
Name of School Representative*
 Executive Director , 206-291-7773
Position of School Representative* Phone Number of School 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.

According to Washington State Law a qualified healthcare provider includes: **Medical Doctor, Doctor of Osteopathy, Advanced Registered Nurse Practitioner, Physician Assistant, Licensed Certified Athletic Trainer.**

It is not within our purview to dictate how or by whom your child/ward should be managed medically. The following have been adapted from guidelines published by the National Athletic Trainer's Association and serve as general guidelines only for immediate management during the first 24 hours:

It is OK to:

- Use acetaminophen (Tylenol) for headaches
 - Avoid Ibuprofen & Aspirin
- Use ice pack on head & neck as needed for comfort
- Contact Physician for evaluation
- Eat a carbohydrate-rich diet
- Go to sleep
- Rest (no strenuous activity or sports)

There is NO need to:

- Check eyes with flashlight Use
- Wake up frequently (unless otherwise instructed)
- Test reflexes
- Stay in bed

Do NOT:

- Drink alcohol
- Drive a car or operate machinery
- Engage in physical activity (eg, exercise, weight lifting, physical education, sport participation)
- Engage in mental activity (eg, school, job, homework)
- Engage in Screen Time (eg, Computer, Cell Phone, Tablet)

Please Monitor for Significant Changes:

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

- Persistent or projectile vomiting
- Unequal pupil size
- Difficulty in being aroused
- Clear or bloody drainage from the ear or nose
- Continuing or worsening headache
- Seizures
- Slurred speech or inability to speak
- Can't recognize people or places – increasing confusion
- Weakness or numbness in the arms or legs Unusual behavior change – increasing irritability Loss of consciousness

Improvement

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

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

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 care provider to the school.

WASHINGTON STUDENT CYCLING LEAGUE
Post-Concussion Instructions & Return to Play Clear Form



Licensed 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 2009, Washington State Law 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. The law states the following of the health care provider:

The health care provider may be a volunteer. A volunteer who authorizes a youth athlete to return to play is not liable for civil damages resulting from any act or omission in the rendering of such care, other than acts or omissions constituting gross negligence or willful or wanton misconduct.

Washington State Law specifies that a qualified healthcare provider include:

- **Medical Doctor**
- **Doctor of Osteopathy**
- **Advanced Registered Nurse Practitioner**
- **Physician Assistant**
- **Licensed Certified Athletic Trainer**

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.^{1,2} The components of this form are intended to address concerns of coaches, parents, student/athletes, administrators, and healthcare professionals regarding written clearance from a healthcare professional for a concussed student/athlete to return to play.

In order to maintain compliance with Washington State Law and the WIAA, Sedro-Woolley School District 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 is adapted from the 4th International Conference on Concussion in Sport¹ and 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.

WASHINGTON STUDENT CYCLING LEAGUE
Post-Concussion Instructions & Return to Play Clear Form



- 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 PROTOCOL¹		
Stage	Functional Exercise or Activity	Objective
1. No structured physical or cognitive activity Date Tested: _____	Only Basic Activities of Daily Living (ADLs). When indicated, complete cognitive rest followed by gradual reintroduction of schoolwork.	Rest and recovery, avoidance of overexertion. Date Cleared: _____ Initial _____
2. 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: _____ Initial _____
3. Moderate aerobic physical activity and Non-contact training drills at half speed 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: _____ Initial _____
4. Non-contact training drills at 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: _____ Initial _____
5. Full Contact Practice Date Tested: _____	Full Contact Practice	Assess functional skills by coaching staff, ensure tolerance of contact activities. Date Cleared: _____ Initial _____
6. Return to Play	Regular game competition	

References

1. McCrory P, Meeuwisse W, Aubry M, et al. Consensus Statement on Concussion in Sport-the 4th International Conference on Concussion in Sport Held in Zurich, November 2012. Clin J Sport Med. 2013;23(2):89-117.
2. Broglio SP, Cantu RC, Gioia GA, et al. National Athletic Trainers' Association position statement: management of sport concussion. J Athl Train. 2014;49(2):245-265

