Dear Parent/Guardian,

Your student athlete is suspected of having a concussion. This letter will serve as a reference to guide you through the GISD Return to Play Protocol.

First and foremost we are concerned with your student’s health and safety. The Athletic Trainers will do everything we can in order to help your child recover. Please follow the instructions in the Head Injury pamphlet to help your student recover as quickly as possible.

Communication is key during this process. Your student athlete will fill out a Graded Symptom Checklist to track symptoms. The staff athletic trainer is your campus contact. We can act as a liaison between you, coaches, counselors, teacher, etc. We know this can be overwhelming and want to make this as easy as possible for your family.

Under HB 2038, a student shall be removed from practice or competition immediately if a coach, physician, licensed health care professional, or the child's parent or guardian believes the student has concussion. The student will not be permitted to practice or compete after being removed until a number of conditions have been met.

In accordance with the GISD Return to Play Protocol established by the Concussion Oversight Team, the following steps must be met in order for a student to return to play.

* The student must SWAY test 24-72 hours following the onset of the concussion (preferably this is done before seeing the physician). Before resuming activity and beginning the return to play protocol, *the student must pass the test.*
  + If the student has no baseline we will either do post-injury SWAY testing if they will be seeing a concussion specialist OR
  + Follow the progression of symptoms and receive clearance from physician
* The student must be *evaluated and receive clearance* *by a physician* to resume activity and begin the return to play protocol.
* The student must return to baseline.
* Once steps 1, 2 and 3 have been completed, the student may begin the return to play protocol.

**Return to Play Protocol 🡪**

Once it is determined that the student-athlete may resume athletic activity, the following return to play protocol will be followed. At the minimum, each step represents a 24-hour period (48 hours for middle school athletes).

**\_\_\_\_ Step 1**. No activity, complete rest. Once asymptomatic, proceed to next level.

**\_\_\_\_ Step 2.** Light aerobic exercise such as walking or stationary bike, no resistance training.

**\_\_\_\_ Step 3.** Sport specific exercise (ex., running in soccer, catching passes in football), progressive addition of resistance training at steps 3 or 4.

**\_\_\_\_ Step 4**. Non-contact training drills.

**\_\_\_\_ Step 5.** Full contact training after medical clearance from physician.

***🡪* Parent/Legal Guardian must complete the UIL Concussion Management Protocol Return to Play Form in the training room.**

**\_\_\_\_ Step 6.** Game play.

With this stepwise progression, the athlete should continue to proceed to the next level if asymptomatic at the current level. If any post-concussion symptoms occur, the student-athlete will start again at Step 1 and may require further medical evaluation by their treating physician.

We appreciate you allowing us to care for your student athlete. Please contact your EVHS Athletic Trainer with any questions or concerns. We are here to support you through this time.