

PRINCETON PUBLIC SCHOOLS

Princeton High School
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Princeton, NJ 08540
(609) 806-4289

Department of Athletics
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CONSENT BY STUDENT ATHLETES PHYSICIAN TO RETURN TO PLAY FOLLOWING A SUSPECTED CONCUSSION

I, _____, (MD), have examined _____ (student athlete) on _____ (date). I am a trained health care provider in the evaluation and management of concussions and I have determined the following about the above student athlete:

_____ is asymptomatic at rest and may begin your graduated return to play program after the student passes the IMPACT test. If the student athlete remains free of symptoms in the graduated program steps 1-4 then they may be allowed to return to play their sport with no restrictions.(see attached graduated program)

or

_____ the injury was not a concussion or head injury and may be allowed to return to their sport with no restrictions

Signature and Stamp of Healthcare Provider

Date

Below to be filled out by PPS School Physician:

I, Beverly Radice, MD, approve/deny the above written medical release/clearance, as required by the Princeton Public Schools Concussion Policy. This student athlete may begin the Graduated Return to Play.

Signature: _____ Date: _____

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Student-Athletes who have sustained a concussion must complete a graduated return-to play before they may resume competition or practice, according to the following protocol:

****A thleteswill not be allowed to start the GRP until they are asymptomatic****

An athlete may progress to the next step if symptoms do not return during current step. If symptom(s) return the athlete will repeat that step the following day. Only one step per day.

- **Step 1:** Completion of a full day of normal cognitive activities (school day, studying for tests, watching practice, interacting with peers) without reemergence of any signs or symptoms. If no return of symptoms, next day advance.
- **Step 2:** Light Aerobic exercise, which includes walking, swimming, and stationary cycling, keeping the intensity below 70% maximum heart rate. No resistance training. The objective of this step is increased heart rate.
- **Step 3:** Sport-specific exercise including skating, and/or running: no head impact activities. The objective of this step is to add movement.
- **Step 4:** Non contact training drills (e.g. passing drills). Student-athlete may initiate resistance training.
- **Step 5:** Following medical clearance (consultation between school health care personnel and student- athlete's physician), participation in normal training activities. The objective of this step is to restore confidence and assess functional skills by coaching and medical staff.
- **Step 6:** Return to play involving normal exertion or game activity.