



## Sweet Home Central School District Health Care Provider Evaluation of Head Injury

Name \_\_\_\_\_ Sport \_\_\_\_\_ Date \_\_\_\_\_

**Symptoms Observed:**

Retrograde Amnesia	Yes	No
Anterograde Amnesia	Yes	No
Neck Pain	Yes	No
Headache	Yes	No
Dizziness	Yes	No
Confused/Disoriented	Yes	No
Lightheaded	Yes	No
Blurry Vision	Yes	No
Nausea	Yes	No
Vomiting	Yes	No
Tinnitus	Yes	No
Tired	Yes	No
Agitated/Hostile	Yes	No
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Sweet Home Central School District  
**Return to Play Protocol** is as follows:

**Phase 1:** Symptom-limited activity: daily activities that do not provoke symptoms

**Phase 2:** Light aerobic exercise- walking or stationary bike.

**Phase 3:** Sport specific exercise- skating drills, running drills, no head impact activities

**Phase 4:** Non-contact training drills- progress to harder drills; may start progressive resistance training.

**Phase 5:** Full contact practice- following medical clearance, may participate in normal training activities

**Phase 6:** Return to sport- normal game play.

**Did the athlete sustain a CONCUSSION?**

- No** The athlete may return to physical education activities and sports.
- Yes** The athlete is asymptomatic and is ready to begin the **Return to Play Phase Check Protocol** monitored by our Athletic Trainer Marcy Gerlach. Once Return to Play Protocol is completed, reviewed and authorized by Sweet Home Central School District Medical Director or delegate, the athlete may return to physical education activities and sports.
- Yes** The athlete is still symptomatic and is NOT cleared to begin the Return to Play Protocol, and may NOT resume physical education activities or sports at this time.

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Sweet Home Central School District [SHCSD] will follow approved guidelines from the American Academy of Pediatrics in accordance with the Berlin Consensus Statement on Concussion in Sport 5th International Conference.

**As recommended by New York State Public High School Association (NYSPHAA), the athlete must have completed all six phases of the protocol in order to return to play.** The athlete can progress to the next phase of the return to play protocol provided they stay asymptomatic. If symptoms return, the athlete must stop activity. They will return to the previous phase of the protocol after they are asymptomatic for 24 hours.

The SHCSD Medical Director has ultimate charge and final responsibility in clearing a student for physical activity/sports participation. The Medical Director remains the final authority and any memorandum does not negate this responsibility.

Health Care Provider Signature \_\_\_\_\_

Date \_\_\_\_\_

Print or Stamp Name \_\_\_\_\_

Phone \_\_\_\_\_