



## Concussion Checklist

Preseason (before the athlete's initiating practice or competition)

- Coaches are trained in the basic understanding of the signs and symptoms of concussions and the appropriate response to concussions
- Concussion Information Sheet sent home to be signed by the athlete and the athlete's parent or guardian. (SFA 5210, SFA 5210S).
- Signed Concussion Information Sheet returned by the athlete
- Voluntary Sports/Athletic Event or Activity Informed Consent and Liability Release Acknowledgment and Assumption of Potential Risk form sent home to be signed by the athlete and the athlete's parent or guardian
- Signed Voluntary Sports/Athletic Event or Activity Informed Consent and Liability Release Acknowledgment and Assumption of Potential Risk form returned by the athlete
- Field Trip Authorization and Medical Treatment Authorization, with dates of all off-site activities, sent home to be signed by the athlete's parent or guardian. (SFA 2010, SFA 2010S).
- Signed Field Trip Authorization and Medical Treatment Authorization returned by the athlete.
- Baseline testing (Refer to Best Practice for Concussion Management, Section 13)



## Concussion Checklist

### Concussion and Head Injury Management

- An athlete that experiences a forceful bump, blow, or jolt to the head or has had a helmet forcefully removed is to be removed from practice or a game/competition.
- The athlete is to be monitored for signs and symptoms of concussion.
- If signs or symptoms of concussion do not exist, as determined by a licensed healthcare provider who is trained in the management of concussions\*, the athlete can be returned to the practice or game/competition. (This may require a significant amount of time out of the practice or game/competition, up to and including the entire game or competition)
- If signs or symptoms of concussion do exist, the athlete is to be removed from the practice or game/competition.
- Parents or guardians are to be notified of the suspected concussion. See Concussion Notification for Parents/Guardians form (SFA 5220, SFA 5220S).
- A Report of Personal Injury is to be completed and sent to the District office.
- The athlete is not to return to practice or game/competition until he or she is evaluated by a licensed health care provider who is trained in the management of concussions\*.
- The athlete is not permitted to return to the practice or game/competition until he or she receives written clearance to return to the practice or game/competition from that licensed healthcare provider who is trained in the management of concussions\*. See Return to School after Concussion or Head Injury (SFA 5230).
- If a licensed health care provider determines that the athlete sustained a concussion or a head injury, the athlete is required to complete a graduated return-to-play protocol.
- The graduated return-to-play protocol will last no less than seven (7) days in duration under the supervision of a licensed health care provider who is trained in the management of concussions\*.
- Allow the athlete to return to play only with written permission from a licensed health care provider who is trained in the management of concussions\*. See Acute Concussion Evaluation (ACE)

\*The California Interscholastic Federation (CIF) requires the licensed health care provider to be a Medical Doctor (MD) or Doctor of Osteopathy (DO).