

[[Organization Name]]

[[Requirement Name]]

Dear Parent/Guardian,

The Academy of the Holy Cross has a policy for any student-athlete who sustains a suspected head injury.

In the event that a head injury is suspected:

1. The student-athlete should follow-up with the school nurse, the athletic trainer, coach, and counselor regardless of where the injury occurred. The parent/guardian will be notified by school personnel when a possible head injury is suspected on campus.
2. The student-athlete needs to be evaluated by a medical doctor (preferably a sports medicine doctor, or one that specializes in concussion). **2 forms** will be given that the student-athlete must bring to the doctor's appointment.

The student-athlete should take the following forms to the doctor appointment:

- **Medical Clearance for Suspected Head Injury Form**, top portion only, needs to be filled out at the first appointment and should be returned to the school nurse or athletic trainer. This form will also be brought back for the final doctor appointment to be signed when the student-athlete is cleared of her injury.
 - **AHC Return to Learn - Gradual Academic Progression Form** outlines any academic accommodations the student-athlete will receive that may need to be put in place and should be returned to the guidance counselor upon her return to school.
3. Once the student-athlete is no longer symptomatic, she will begin the return-to-play progression with our athletic trainer before resuming any physical activity. More information about this process can be found at the link below:

<https://www.cdc.gov/heads-up/guidelines/returning-to-sports.html>

Communication between the student-athlete, parent/guardian, athletic trainer, school nurse, coach, and school counselor is of the utmost importance during this time to ensure that your daughter is able to recover in a manageable environment. Please take a few minutes to review the information in this packet as it pertains to concussions. Every parent/guardian and student-athlete must read and electronically sign this concussion information document.

Sincerely,

Kathy Hannah, Principal

Kelly Flaherty, Athletic Director

Lindsay Yates, MS, ATC, Athletic Trainer/Assistant Athletic Director

Kathleen Clark, RN, BSN, School Nurse

Julie Ritter, M.Ed., Director of Counseling

My student-athlete and I have read and agreed to the above concussion letter.

Your Signature Here

Electronic Signature

Your Signature Here

Name

May 7, 2026

Date

* Electronic signature verified by Magnus Health 2026-05-07 13:31:36(<http://magnushealth.com/electronic-signatures>).