



Cristo Rey High School Orlando Concussion Safety Information for Parents & Students

At Cristo Rey, your child's health is our top priority. Concussions are a type of brain injury that must be taken seriously. We follow Florida law and FHSAA rules to protect students in academics and athletics.

Below is what you need to know.

What is a Concussion?

A concussion is a brain injury caused by a bump, blow, or jolt to the head or body. Symptoms can

include headache, dizziness, nausea, trouble concentrating, or just 'not feeling right.'

If a Concussion is Suspected

- The student will be removed from play right away — no same-day return.
- The School Nurse and parents will be notified.
- The student must be seen by a licensed medical doctor (MD/DO).

Return to School (Return-to-Learn)

- The student will check in with the School Nurse before resuming classes.
- Temporary classroom supports may include breaks, limited screen time, or reduced workload.
- The nurse will monitor symptoms and update teachers and parents.

Return to Sports (Return-to-Play)

- Students must follow a step-by-step plan supervised by medical staff.
- Each step takes at least 24 hours with no symptoms before moving forward.
- Written medical clearance is required before returning to games or practice.

Parent Responsibilities

- Make sure your child is evaluated by a licensed doctor (MD/DO).
- Return the required FHSAA clearance form (AT18) to the Health Office.
- Watch for symptoms at home and communicate any concerns to the School Nurse.

Safety First

- No student may return to sports or full academics until cleared by both a doctor and the School Nurse.
- This policy protects your child's health and future learning.

Questions? Please contact the Cristo Rey Health Office at 689-337-6300.