

Dear Physician,

Injury Date: _____ Today: _____

The following Tulsa Public Schools (TPS) athlete _____ has suffered a head injury and we wish you to understand the protocols we use regarding return to athletic participation.

In order to ensure that all student-athletes return to their sport safely, Tulsa Public Schools adheres to the following graduated return to athletic participation protocol recommendations of the **National Athletic Trainers' Association**, the **National Federation of State High School Associations**, and the guidelines outlined in the **5th International Berlin Concussion Conference**.

If appropriate, the following assessment/documentation for this situation & athlete is on file at TPS:

☐ SCAT 5

☐ SAC

☐ SWAY

☐ Injury Report

☐ BESS

Other baseline test: _____

Tulsa Public Schools adheres to the following graduated return to play protocol:

Step 1 – Return to learn accommodations are made as necessary, this includes mental *rest* if symptoms are severe. Symptom limited activity and limited high stimulus environments that do not provoke symptoms. Gradual reintroduction of work/school activities.

Step 2 – Light aerobic activities such as stationary bike, walking, jogging (keeping intensity <70% of maximum heart rate) with the goal of increasing heart rate without exacerbating symptoms.

Step 3 – Moderate exertion, sport-specific training without pads (running, jump shots, dribbling, shots on goal, etc.) No head impact activities with the goal of adding movement.

Step 4 – Heavy exertion, non-contact drills specific to sport. May begin resistance activities. The goal is to increase exercise, coordination and increased thinking/processing requirements.

Step 5 – Following medical clearance, participate in normal training activities with the goal of restoring confidence and assessing functional skills by coaching staff.

Step 6 – Return to sport and normal game-level play/activity.

An athlete must remain asymptomatic to progress to the next level. If symptoms re-occur, the athlete must return to the previous level. Each step generally requires one day but could take longer.

**Per Tulsa Public Schools Policy 3318, in accordance with Oklahoma Statute 24-155 of Title 70, student athletes must present written clearance from a licensed health care professional (MD, DO) to return to participation. An athlete must obtain verification from the ATC of successful completion of return to play protocol.*

Please feel free to contact with me with any questions or concerns you may have regarding this athlete.

Steve Friebo M.Ed., LAT, ATC

Coordinator of Sports Medicine

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Physician's Return to Athletic Participation Statement

Please check the appropriate statement for this athlete to return to athletic competition.

___ This athlete must be seen again by a health care professional in order to be cleared for competition.

___ This athlete may return to competition when he/she has completed the graduated return to play criteria outlined above, is symptom free, and exhibits no signs or functional deficits as verified by the ATC.

___ Other protocol/instructions to athlete/ATC (please explain): _____

Physician's Signature _____ Date _____

Physician Name (printed)/Stamp _____ Contact # _____