

# Orangewood Christian Concussion Protocol

Dear Parents,

According to the EL3 paperwork regarding the care and return to play criteria for concussion; an athlete will need a medical clearance from an M.D. or a D. O. to return to participation following a suspected concussion. We will continue to perform baseline and post injury testing for the athletes at Orangewood Christian who suffer a concussion. The athlete will not be released to play if all parts of the return to play criteria for concussion have not been met, including a note from an M.D., D.O. We must have the clearance note, passing test scores and exertion testing for safe return to play. Having only a note does not mean they can play if they have not met the other criteria as well.

This is part of the State of Florida Youth Concussion Law that was adopted by the FHSAA. Neither the school, I nor the coaches can get around this. If a concussion happens this is the process that must be followed and documented for return to play.

Concussion protocol and return to play policy at Orangewood Christian is as follows:

### **Prior to participation**

- Have a valid baseline neurocognitive test prior to the start of their respective season/sport

### **Following a suspected concussion**

- ❖ Temporary academic accommodations as needed.
- ❖ Each concussion is unique, and this process can take several days to several weeks.
- Post injury test once symptoms have resolved with a valid baseline. No baseline posttest 24-72 hours.
- Athlete reports being symptom free for two consecutive days
- Athlete has returned to normal classroom activity.
- Athlete is off any medications related to the concussion.
- Athlete has normal neurological exam.
- Post test scores within normal limits compared to their baseline scores.
  - ❖ MD for written clearance to begin exertion and practice protocol. (Form AT18; FHSAA)
    - Day one exertion, 20 mins of cardio (bike, elliptical)
    - Day two, sport specific drills (sprints, push-ups, sit-ups, agilities)
    - Day three, non-contact practice
    - Day four, full contact practice.
  - ❖ Return to MD for final clearances and written Return to Competition Affidavit
- Return to play, game.

Form AT18 Post Head Injury/Concussion Initial Return to Participation Form will have to be used for all concussed athletes; the physician must fill out each section for medical clearance.

We want this to be a painless process while protecting the health and safety of the athlete. Our goal is to have an athlete who suffers a concussion 1) feel better 2) return to academic success 3) return to athletics safely. Your help and understanding is greatly appreciated in making this process run as smooth as possible. If you have any questions regarding the new policy or care of a concussed athlete please feel free to contact me at: [mark.sanville@flhosp.org](mailto:mark.sanville@flhosp.org) or 321-363-2060.

Thank You,

Mark the Trainer