

St. Charles High School Concussion Return to Participation (RTP) Policy

This protocol is implemented to promote compliance with: NFHS Sports Playing Rule for Concussions, and Missouri State Law which outlines that student-athletes exhibiting symptoms of a concussion cannot return to participation until cleared by an appropriate health care professional.

Evaluation and Removal from Participation

Any student-athlete exhibiting the signs or symptoms of concussion after a head impact or a hit to the body that transmits a force to the head will be removed from athletic participation and evaluated by the Athletic Trainer (AT) on-site. If the AT suspects that the student-athlete has sustained a concussion, the student-athlete will not be allowed to return to participation on that day.

Return to Participation (RTP)

When returning to participation, student-athletes will follow the Return to Participation (RTP) Protocol set forth by the 5th International Consensus Statement on Concussion in Sport outlined in the chart below. In order to begin the RTP Protocol, the student-athlete must provide written clearance from an appropriate health care provider as dictated by state concussion law.

The St. Charles High School athletic trainer(s) reserve the right to hold the student-athlete out of participation should they believe the student-athlete is not ready to return even with written clearance from an appropriate health care provider. Parent/guardian consent is not a sufficient means for a student-athlete's return to participation.

RTP Protocol

Stage 1 of the RTP Protocol can begin after 24-48 hours of relative physical and cognitive rest. Once concussion related symptoms have resolved and the student-athlete has returned to a baseline state of any neurocognitive tests they were administered (if applicable), the remainder of the RTP protocol can begin. Final written clearance from an appropriate health care provider as dictated by the state concussion law must be obtained before returning to unrestricted participation.

NOTE: There should be at least 24 hours for each stage of the progression. If any symptoms worsen during exercise, the student-athlete should stop activity for that day. After remaining symptom-free for 24 hours, the student-athlete should return to the previous stage and attempt to complete this stage without the reoccurrence of symptoms.

Stage	Aim	Activity	Goal
1	Symptom-limited activity	Daily activities that do not provoke symptoms	Gradual re-introduction of work/school activities
2	Light aerobic exercise	Walking or stationary cycling slow to medium pace No resistance training	Increase heart rate
3	Sport-specific exercise	Running or skating drills No head impact activities	Add movement
4	Non-contact training drills	Harder training drills, eg, passing drills May start progressive resistance training	Exercise, coordination, and increased thinking
5	Full contact practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6	Return to Sport	Normal game play	

McCrory, P., et al (2017). Consensus statement on concussion in sport – the 5th international conference on concussion in sport held in Berlin, October 2016. *British Journal of Sports Medicine*. Published Online First: 26 April 2017.

By signing this, I understand and will comply with St. Charles High School's Concussion Return to Participation Policy.

Student-Athlete Name

Student-Athlete Signature

Date

Parent/Guardian Name

Parent/Guardian Signature

Date

ST. CHARLES HIGH SCHOOL

Consent for Cognitive Testing, Release of Information & Concussion Protocol
Acknowledgement Form

Baseline ImPACT testing will be given to at risk sports such as: Football, Volleyball, Softball, Soccer, Cheer, Basketball, Wrestling, Diving, Pole vaulting, and Baseball. Athletes will be required to take the test at the beginning of freshman and junior year. Transfer students will be required to take the test their first year, and will have to repeat after two years, regardless of if they had taken the test at their previous school.

St. Charles High School may release the ImPACT results to my child's primary care physician, neurologist, Dr. Mark Halstead (District Concussion Specialist), or other treating physician, as indicated at the bottom of this page.

The ImPACT test has been put in place at SCHS as a safety measure to determine if it is ok for your child to start the Return to Play (RTP) Protocol. The RTP is a MSHSAA requirement. It is a stepwise progression consisting of five days. Your athlete will not be able to participate in any exercise or weight-lifting until specified by the school's Athletic Trainer.

I give my permission for (name of child) _____ (Child's Date of Birth) _____ to have baseline and, if necessary, a post-concussion ImPACT, administered at St. Charles High School. I understand that my child may need to be tested more than once, depending upon the results of the test, as compared to my child's baseline test, which is on file at St. Charles High School with the Athletic Trainer. I understand there is no charge for the testing.

I understand that general information about the test data may be provided to my child's guidance counselor and teachers, for the purposes of providing academic modifications, if necessary. I agree to adhere to the concussion protocol put in place by the school's athletic trainer for my child to safely return to sport.

Name of parent or guardian: _____

Signature of parent or guardian: _____

Date: _____

PLEASE PRINT THE FOLLOWING INFORMATION

Name of physician: _____

Name of practice or group: _____

Phone number of physician: _____

Student's home address: _____

Authorizing Parent or Guardian phone number: _____ Home / Cell / Work

For questions about the ImPACT Test please consult your school's Athletic Trainer or go online to <https://www.impacttest.com>