



Doctor Notes + Concussion Protocol + Return to Learn Protocol

DOCTOR NOTES

EVERY TIME your athlete sees a doctor, chiropractor, physical therapist, etc. for a physical injury (whether suffered during athletic participation or not) you **MUST** provide a written note from them. The more detailed the instructions and return-to-play guidelines they can include about the injury is helpful:

- What is the injury?
- Clearance status - Fully? Modified? OR not cleared?
- What treatments do they need, like ice, heat, or tape?
- What rehab strengthening or stretching exercises can they do?
- What, if any, academic impacts are anticipated?

A copy of the note must be emailed to Athletic Director, Shay Chafin and Director of Student Support Services, Tara McHale.

You are welcome to provide a copy to the coach as well, but we will inform them regardless.

**YOUR ATHLETE MAY NOT RETURN TO
SPORTS WITHOUT A WRITTEN CLEARANCE
RELEASE FROM THE PHYSICIAN**

IN THE EVENT OF A CONCUSSION

- Athletic trainers and all of our coaches have concussion education and are prepared to recognize concussions and their symptoms.
- Any player who exhibits signs, symptoms, or behaviors consistent with a concussion will be removed from the practice or athletic contest and will not return to play until cleared by a licensed healthcare provider and/or the Athletic Trainer on site.
- Parents/guardians will be informed that their athlete may have suffered a concussion. They will be advised on the next steps in monitoring them and getting further evaluation.
- The Athletic trainer and coaches will notify the Athletic Director and Director of Student Support Services of the possible concussion.
- The Athletic Department may require a student-athlete to take a post-injury ImPACT concussion test as part of the return to sports process.
- The Athletic Director and Director of Student Support Services will collaborate on a student's return-to-learn and return-to-sports plans based on the recommendations of the student's medical care provider.

DIRECTOR OF ATHLETICS, SHAY CHAFIN

RETURN TO LEARN

- A student's return to learning plan will be created upon receiving documentation from the student's doctor.
- The Director of Student Support Services and your student's advisor will review the academic plan with both the student and their family.
- Temporary, symptom-specific accommodations may be put in place while a student recovers.
- Families will receive academic updates from the student's advisor during the recovery process.

**DIRECTOR OF STUDENT SUPPORT
SERVICES, TARA MCHALE**