

Health Sciences Charter School
(Athletic Division of the Health Sciences Charter School)
Concussion Management Form

This Concussion Management Form must be shared with the parents / guardians of every HSCS student-athlete who anticipates representing HSCS in athletic competition. The expectations and program protocols articulated within this document will be strictly adhered to by HSCS administration, athletic coaching staff, and school based personnel attending any / all athletic sporting events.

Managing the personal health and physical wellness of our student-athletes is a major focus at the Health Sciences Charter School. Student-athletes who suffer a head injury or concussion during active participation through practices, scrimmages, or sanctioned league contests will be required to complete the following steps listed below prior to being cleared for participation.

Returning to Sports / Athletics

Please note: any student-athlete who has experienced a head injury must be symptom-free for a period of no less than 24-hours and must be medically cleared by their primary healthcare physician

Step 1

Low impact non-strenuous light aerobic activity for short intervals, such as easy walking, biking, or swimming in three ten-minute intervals with rest in between; no resistance training

Step 2

Higher impact, higher exertion activity in two fifteen-minute intervals, such as running, jumping rope, other cardio activities; followed by rest in between activities. Student-athlete may have on light equipment, but cannot participate in any team drills or contact. No resistance training

Step 3

Repeat step 2 progressing with shorter breaks and adding additional activity time. Student-athlete may participate in stationary skill work such as dribbling, serving, or tossing a ball. Low resistance training can be done with close monitoring

Step 4

Repeat of step 3 without breaks in cardio, but skill work with movement (allowing balls to be manipulated in the direction of the student) is permitted. Student may participate in noncontact drills

Step 5

Repeat step 4 as a warm up activity, student-athlete is permitted to participate in weightlifting with a spotter and may also return to full contact training sessions with close monitoring

Step 6

Student-athlete may participate in fully as tolerated

For purposes of the head injury RTP (Return to Play) protocol, an appropriate physician evaluation MUST be completed by a practicing Medical Doctor or a Doctor of Osteopathy within the following specialty areas:

- **Family medicine**
- **Pediatrics**
- **Sports Medicine**
- **Neurology**
- **Neurosurgery**

***The physician evaluation form should document name, degree, specialty, practice name, address, and phone number**

****Additional information for parents and student-athletes can be found under the Athletics link on the school website**

Inappropriate spectator behavior at athletic contests will result in permanent exclusion from all such contests.

All HSCS spectators at athletic contests / competitions are expected to:

- A). Treat HSCS and opposing student-athletes, athletic coaches, school personnel, and officials with the respect that is due them as guests and neighbors in the education community.
- B). Take victory and defeat without undue emotionalism that impacts the integrity of the game.
- C). Control tempers and emotional reactions at all times.
- D). Promote a culture of positivity with officials, free from criticism or unnecessary remarks.
- E). Cooperate with athletic coaches and school personnel to promote sportsmanship.
- F). Refrain from swearing or making insulting remarks to the opponents before, during or after any athletic contest / competition.
- G). Let student audiences know that inappropriate behavior reflects poorly on the school, the athletic coach, the team, and our school community.
- H). Take pride in our student-athletes, coaches, and other members of our school community. We are the constant model of sportsmanship and respect for our young adults