

Concussion Return to Participation Packet

Purpose of this form: To inform the patient (student athlete) who participates in Swartz Creek School District Athletics who has suffered a concussion, must be cleared in writing by a medical professional (M.D., D.O., P.A., or N.P.) before returning to athletics. In conjunction with Michigan Law (Act No. 342), National Federation of State High School Associations (NFHS) and Michigan High School Athletic Association (MHSAA), our goal is to increase safety and wellbeing for our Swartz Creek student athletes suffering from concussions.

All Athletes with a concussion must complete the following steps. See Below

STEP 1: The MHSAA Return to Competition Form is required to be completed before the student athlete is able to return to full unrestricted participation.

- MHSAA Return to Competition Form - page 2 of this document

<https://www.mhsaa.com/portals/0/documents/health%20safety/1617returntoplay.pdf>

STEP 2:

Progression back to activity post concussion (**patient must be symptom free through all stages**)

Day 1: Light exercise, short duration (example: stationary bike 5 minutes) No weight-lifting

Day 2: Running, light exercise, longer duration (example jog 20 minutes) No helmet or equipment

Day 3: Non-contact training drills in full equipment. Weight-training can begin

Day 4: Full contact practice or training

Day 5: Return to game full unrestricted play with physician clearance.

- Each step takes 24 hours. If any post-concussion symptoms occur, the student athlete will begin at Day 1 again and try to progress after a 24 hour period

INSTRUCTIONS

1. Take MHSAA Return to Competition Form (pg 2) to your M.D., D.O., P.A., N.P., when being evaluated for a concussion.
2. The MHSAA requires that final clearance from your M.D., D.O., P.A., N.P., be unconditional, this a requirement of the MHSAA. Swartz Creek School district has the right to hold a Student Athlete out of play for further treatment/evaluation even if the physician clears the student-athlete to return full.
3. If the evaluating and/or treating M.D., D.O., P.A., N.P., does not clear the student athlete and requires a follow-up visit or referral, the patient (student athlete) must complete step 1,2 and 4 with a new M.D., D.O., P.A., N.P.
4. **Return the completed form to Swartz Creek School District Athletic Trainer in person, via fax or email:**
 - Via fax: Attn: Megan Kerns, AT, ATC - 810-591-1896 Fax mkerns@swcrk.org
5. Student Athlete must complete return to play concussion protocol listed above before unrestricted clearance back into athletics¹

¹ 1 pg Megan Kerns, AT, ATC Athletic Trainer 989-573-4614 Cell 810-591-1896 Fax (Revised 2017)

I acknowledge, understand and have received the return to play process after suffering a concussion to participate in Swartz Creek Athletics.

Student: _____

Date: _____

Parent/Guardian: _____

Date: _____