

Aldine ISD

Return to Play Parental Notification and Consent

Introduction

Once your student athlete's doctor has determined that the concussion injury he or she sustained has improved and appears to be resolved. At this time, it will be safe for the student athlete to begin a return to play protocol established by and approved by Aldine ISD Concussion Oversight Team. This return to play protocol is extremely important for the safety of your child. A recurrence of the concussion symptoms may mean that the concussion has not resolved and it is important that your student athlete is honest about any symptoms they have and report them to their athletic trainer or coach. Specifically, the return to play protocol states:

1. Prior to beginning the return to play protocol, a release must be obtained from a physician with training and expertise in managing concussions stating that the athlete has been cleared to begin the return to play protocol and the athlete must be symptom free for at least 24 hours.
2. Each step in the return to play protocol will progress at 24 hour increments as long as the student athlete has no return of concussion symptoms.
 - a. Day one -- Light aerobic exercise
 - i. 10 minutes of low load exercise bike or light jogging
 - ii. No weight lifting, resistance training or any other exercise
 - b. Day two -- Moderate aerobic exercise
 - i. 20 minutes of running at moderate intensity in the gym or on the field without a helmet or other equipment.
 - ii. Light calisthenics such as pushups or sit ups
 - c. Day 3-- Non contact training drills in full uniform.
 - i. May begin weight lifting, resistance training and other exercises.
 - ii. May participate for entire length of practice
 - d. Day 4 – Full contact practice or training
 - e. Day 5 – Full game play
3. If the student athlete experiences any recurrence of concussion symptoms during the return to activity progression, he or she will rest for a 24 hour period then resume the return to play protocol at day 1. If they are unable to advance as expected a second time, they will be referred back to the treating physician for further evaluation.
4. At the completion of each training session, the student athlete will complete a questionnaire documenting any return of concussion symptoms. This form will be maintained by the coach or athletic training staff as appropriate.
5. At the completion of day 4 of the return to play protocol, the athletic training staff will notify the treating physician who released the student athlete to begin the return to play protocol that the student athlete has completed the return to play protocol and is ready to advance to full game play. Clearance to return to play must be obtained prior to game play, in accordance with HB 2038.

- a. At the discretion of the treating physician or other licensed health care provider, this clearance may be granted by default. This means, that if the student athlete completes the return to play protocol successfully, they may be released without a return visit.

We recognize that all concussions must be managed individually and for some athletes, modification or prolongation of the return to play protocol will be necessary to ensure safe return to activity. These modifications will be guided by the treating physician. The return to play may be lengthened, but cannot be less than the standard return to play.

Risks associated with returning to play after a concussion

The provisions of HB 2038 were enacted to try to improve the safety of student athletes who get concussions. The current science related to concussion management leads us to believe that it is safe for athletes to return to play after a concussion as long as the above protocol is followed. Unfortunately and like many other things in medicine, there is no guarantee that everything will be ok. We know that athletes who have had concussions are more likely to sustain another concussion. Post concussion syndrome is another risk. Post concussion syndrome is a group of symptoms that involve thinking, sleep, emotions and/or physical symptoms that can persist for a very long time. The most concerning risk is second impact syndrome. This is a very rare complication that has been reported to occur when an athlete returns to play before a concussion has resolved. This syndrome causes rapid swelling in the brain and is often fatal. We believe that following this return to play protocol minimizes that risk and makes any long term complications very unlikely.

The law states that parents must sign a form that states that they have been informed of the risks associated with concussions and consent to returning to play. If you have any questions, please let us know.