

Midlothian I.S.D.
Athletic Department
Concussion Return to Play Protocol

Members:

Dr. Jeffrey McDaniel MD, CASQSM
Greg Goerig L.A.T. Head District Athletic Trainer
Sophia Gutierrez MS, L.A.T., A.T.C., Heritage High School
Jake Searcy, L.A.T.,A.T.C., Heritage High School
Russell Wagner, L.A.T Midlothian High School
Ashlyn Tidwell, MS, L.A.T., A.T.C., Midlothian High School

The goal of Midlothian I.S.D. Concussion Oversight Team is to properly manage all head injuries and establish a safe return to play based on peer reviewed scientific evidence under the direction of a medical doctor.

Concussion management:

1. Remove athlete from game or practice (No athlete will return to play the same day of the injury)
2. Establish immediate communication with parents and coaches involved
3. Evaluate and determine severity. (Loss of consciousness will result in transport to the emergency room)
4. Follow the return to play guidelines.
5. Athlete will **NOT START** return to play until we have written authorization from a physician and athletic trainer

Return to Play Guidelines

1. No Activity: Complete physical and cognitive rest until asymptomatic at rest. Once an athlete has no symptoms at rest and has returned to full academic activity without restrictions, we will progress through the following stages. Each stage will take a minimum of 24 hours to complete. Athlete may progress to the next state only if they remain asymptomatic with new activities. If new stage provokes symptoms, return to the previous stage for at least 24 hours.
 - a. Stage 1: Starts when athlete is symptom free at rest - low level exertion as tolerated. This can include walking, light jogging, or light stationary bike.
 - b. Stage 2: Moderate levels of physical exertion as tolerated. This includes low intensity sport specific exercise with no contact.
 - c. Stage 3: High intensity sport specific training with no head contact and may resume weight training.
 - d. Stage 4: Full contact practice
 - e. Stage 5: Full Release
2. Athlete will need to be symptom free for 5 days before returning to game play

Designated School District Officials Verifies:

- o The student has been evaluated by a treating physician selected by the student, their parent or other person with legal authority to make medical decision for the student
- o The student has completed the Return to Play protocol established by the Midlothian ISD Concussion Oversight Team
- o The school has received a written statement from the treating physician indicating, that the physician's professional judgment, it is safe for the student to return to play.

Athletic Trainer (Signature/Print): _____/_____

Parent/Guardian with legal authority to make medical decisions for the student certifies by signing this form he/she

Has been informed concerning and consents to the student participating in returning to play in accordance with return to play protocol established by the Midlothian ISD Concussion Oversight Team. Understands the risks associated with the student returning to play and will comply with any ongoing requirements in the return to play protocol. Consents to the disclosure to appropriate persons, consistent with the Health Insurance Portability and Accountability Act of 1996 (Pub. L. No. 104-191), of the treating physician's written statement under subdivision (3) and, if any, the return to play recommendations of the treating physician. Understands the immunity provisions under Section 38.159 of the Texas Education Code.

Furthermore, I understand the dangers related of returning too soon after a sport-related concussion. I certify that the above athlete has successfully completed the Midlothian ISD Concussion return to play protocol and has been released by a licensed physician to return to play. I understand that upon my signature and return of this release form to the Midlothian ISD athletic trainer the above athlete will be allowed to return to full participation in practice and competition.

Parent/Legal Guardian: (Signature/Print) _____/_____ **Date:** _____