



Dear Parent/Guardian,

A recently passed Vermont law states that all schools that sponsor sports programs must meet several new requirements regarding concussion awareness and response:

- 1) Each paid coach must receive training on how to recognize the symptoms of a concussion or other head injury
- 2) Each coach must comply with the requirement that *“a coach shall not permit a youth athlete to train or compete with a school athletic team if the athlete has been removed or prohibited from participating in a training session or competition associated with the school athletic team due to symptoms of a concussion or other head injury until the athlete has been examined by and received written permission to participate in athletic activities from a health care provider pursuant to Title 26 and trained in the evaluation and management of concussions and head injuries.”* Authorized health care providers as interpreted by the VT Dept of Education are Physicians, Nurse Practitioners, Physician Assistants, D.O.’s (Doctor of Osteopathic Medicine), and Certified Athletic Trainers.
- 3) Schools must provide each athlete, and a parent or guardian of the athlete, materials designed to educate athletes and their parents about the nature and risks of head injuries. The school must require that they annually sign a form acknowledging receipt of this information.

The following information packet is intended to educate you and your student-athlete on the importance of proper concussion awareness and management. Please read the packet and the fact sheets (located on the website and in hard copy at the school) carefully before signing the last page. Once the school has received a copy of the signature page, your son/daughter will be cleared to participate in athletics at Chelsea School.

If you have any questions regarding Chelsea School’s recently implemented concussion/head injury program, please feel free to contact me (685-4551 ext 123) or at peiskamp@chelseaschoolvt.org.

Sincerely,

Parrish Eiskamp
Athletic Director



Chelsea Athletics Concussion Management

Additional information on concussions and other head injuries, to include information on the nature and risks of concussions, the risks of premature participation in athletic activities after receiving a concussion, and the importance of obtaining a medical evaluation of a suspected concussion and receiving treatment when necessary can be found on the VPA Sports Medicine Information website. Go to www.vpaonline.org

If a concussion is suspected

The athlete is immediately removed/prohibited from participating in any training session or competition until the athlete has been examined by and received written permission to participate in athletic activities from one of the following health care providers: Physician, Nurse Practitioner, Physician Assistant, Doctor of Osteopathic Medicine, or Certified Athletic Trainer.

If it is determined that the athlete did not sustain a concussion, the health care provider must provide a written statement indicating that the athlete was examined and was not found to have sustained a concussion. Athlete may return to play in accordance with any limitations/restrictions determined by the health care provider.

If it is determined that the Athlete did sustain a concussion, the following procedures must be followed:

Return to Play Protocol

You are only allowed to begin the graduated return to play protocol when you are completely symptom free. During your recovery and when you still have symptoms, you must abide by complete physical and cognitive rest.

It is critically important to be honest with yourself regarding your symptoms as returning too soon may result in a prolonged recovery time. Only you, the athlete, will know when you are feeling ready to increase your activity level.



Gradual Return to Play Following a Concussive Injury

You must be cleared to “return to play” in accordance with this protocol by a qualified health care provider.

- This return to play plan should start only when you have been without any symptoms for 24 hours.
- It is important to wait for 24 hours between steps because symptoms may develop several hours after completing a step.
- Do not take any pain medications while moving through this plan (no ibuprofen, aspirin, Aleve, or Tylenol).
- Make a follow up appointment with your provider if symptoms develop during this progression.
- Intensity levels: 1 = very easy; 10 = very hard.

Step 1: Aerobic conditioning - Walking, swimming, or stationary cycling.

- Intensity: 4 out of 10.
- Duration: no more than 30 minutes.
- If symptoms return, wait until you are symptom free for 24 hours then repeat Step 1.
- No symptoms for 24 hours, move to Step 2.

Step 2: Sports specific drills – skating drills in hockey, running drills in soccer/basketball.

- Intensity: 5 or 6 out of 10.
- Duration: no more than 60 minutes.
- No head impact activities. No scrimmages/potential for contact.
- If symptoms return, wait until you are symptom free for 24 hours then repeat Step 1.
- No symptoms for 24 hours, move to Step 3.

Step 3: Non-contact training drills – include more complex training drills (passing in soccer/ice hockey/basketball. Running specific pattern plays, etc).

- No head contact, or potential for body impact.
- OK to begin resistance training.
- Intensity: 7 out of 10.
- Duration: no more than 90 minutes.
- If symptoms return, wait until you are symptom free for 24 hours then repeat Step 2.
- No symptoms for 24 hours, move to Step 4.

Step 4: Full contact practice.

- **Only after medical clearance!**
- No intensity/duration restrictions.
- If symptoms return, wait until you are symptom free for 24 hours and repeat Step 3.
- No symptoms for 24 hours, move to Step 5

Step 5: Full clearance for return to play.



Chelsea Athletics Concussion Management Signature Page

This is to acknowledge that Chelsea School has provided me with information and materials regarding the school's Concussion Management Program. Specifically, I have been given information about:

- (1) the nature and risks of concussions and other head injuries;
- (2) the risks of premature participation in athletic activities after receiving a concussion or other head injury; and
- (3) the importance of obtaining a medical evaluation of a suspected concussion or other head injury and receiving treatment when necessary.

I have also been provided with a link to the VPA Sports Medicine web page where I can obtain additional information on concussions and other head injuries.

I have also been advised of the Return to Play Protocol and am aware that if my student-athlete sustains a head injury, he/she must be examined by a health care provider and follow all of the requirements of the protocol.

Printed Name (Parent/Guardian) _____

Signature (Parent/Guardian) _____

Date: _____

Printed Name (Athlete) _____

Signature (Athlete) _____

Date: _____

****You must return this form to your coach or to the Athletic Director before you can participate.**