

## ASAA PARENT AND STUDENT VERIFICATION OF RECEIPT OF INFORMATION CONCERNING CONCUSSIONS

In accordance with AS 14.20.142, the School District requires that each athlete, and each minor athlete's parent/guardian, receive written information on the nature and risks of concussions each year. Students may not participate in school athletic activities unless the student and parent/guardian of a student who is under 18 years of age have signed a current verification that they have received the information provided by the District. Parents will be provided with a pamphlet provided by the Alaska School Activities Association entitled "A Parent's Guide to Concussions in Sports." Students will be provided with a fact sheet produced by the U.S. Dept. of Health and Human Services Centers for Disease Control and Prevention entitled "Head's Up: Concussion in High School Sports – A Fact Sheet for Athletes." Students who are 18 years of age or older will also be provided with the Parent's Guide.

Parents and Students should review this information, discuss it at home, and direct any questions to the student's coach, school principal or athletic activities director.

### Student Acknowledgement (required for all athletes)

I acknowledge that I have received a copy of "Head's Up: Concussion in High School Sports – A Fact Sheet for Athletes" and understand its contents.

Student Signature

Print Name

Date

### Parent/Guardian/Eligible Student Acknowledgement

(Parent signature required for all students under 18 years of age; student signature required for students age 18 or older)

I acknowledge that I have received a copy of "A Parent's Guide to Concussions in Sports" and understand its contents.

Parent/Guardian/Eligible Student Signature

Print Name

Date

### ALASKA SCHOOL ACTIVITIES ASSOCIATION, INC.

4048 Laurel Street, Suite 203 • Anchorage, AK 99508 • (907) 563-3723 • Fax 561-0720 • [www.asaa.org](http://www.asaa.org)

# ASAA MEDICAL RELEASE FOR STUDENT ATHLETE WITH SUSPECTED OR ACTUAL CONCUSSION

## SECTION 2: THE NON-CONCUSSED ATHLETE

\_\_\_\_ Student has NOT sustained a concussion. The diagnosis which explains his/her symptoms is: \_\_\_\_\_

\_\_\_\_ Student is cleared to return to full sports participation.

\_\_\_\_ Student is cleared for limited participation with the following restrictions [attach more pages if needed]:  
\_\_\_\_\_  
\_\_\_\_\_

## SECTION 3: HEALTHCARE PROFESSIONAL ATTESTATION

By signing this form, I attest that I am a Qualified person authorized under AS 14.30.142 to clear student athletes for athletic participation following concussions.

**Healthcare Professional Signature**

\_\_\_\_\_

**Healthcare Professional Printed Name**

\_\_\_\_\_

**Alaska License Number**

\_\_\_\_\_

**Date**

\_\_\_\_/\_\_\_\_/\_\_\_\_

## SECTION 4: ATHLETE AND PARENT CONSENT

ASAA's recommended Return to Play Protocol incorporates an internationally recognized process by which concussed athletes are returned to athletic participation as safely as possible. Participation in athletics is accompanied by the risk of injury, permanent disability, and death. Having recently sustained a concussion, an athlete is at more risk for another head injury with risk of permanent disability or death. By signing this form, the athlete and the parent indicate their understanding that the completion of the ASAA's or another Return to Play Protocol is not a guarantee of safe return to athletic participation. The parent and student accept the risk of additional injury in requesting and consenting to the athlete's return to athletic participation.

**Student Athlete Signature**

\_\_\_\_\_

**Parent Signature**

\_\_\_\_\_

**Date**

\_\_\_\_/\_\_\_\_/\_\_\_\_

**Student Athlete's Printed Name**

\_\_\_\_\_

**Parent's Printed Name**

\_\_\_\_\_

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*(This form will be included in state tournament coaches' packets)*

Student Name

School Name

Date of Birth

Date of Injury

## Important Note to Healthcare Professional:

Per AS 14.30.142, as amended, a student who has been removed from participation in a practice or game for suspicion of concussion may not return to play until the student has been evaluated and cleared for participation by an athletic trainer or other qualified person who verifies that he or she is trained in the evaluation and management of concussions. "Qualified person" means either: 1) a health care provider licensed in Alaska, or exempt from licensure under Alaska law (AS 08.64.370(1), (2), or (4), or 2) a person acting at the direction and under the supervision of a physician licensed in Alaska, or exempt from licensure.

ASAA's Sports Medicine Advisory Committee recommends that an athletic trainer be certified by the National Athletic Trainers Association, in addition to meeting the other requirements established by AS 14.30.142, before being permitted to clear students to return to athletic participation following removal for suspicion of concussion.

ASAA's Sports Medicine Advisory Committee recommends that any person who clears students to return to athletic participation following removal for suspicion of concussion have completed the online CDC Concussion Course for Clinicians ([www.preventingconcussions.org](http://www.preventingconcussions.org)) in the last two years, AND 2) have completed two hours of CME in Sports Concussion Management in the last two years, or b) have completed a one year Sports Medicine Fellowship, a Certificate of Added Qualifications in Sports Medicine, or a Residency in Neurology or Neurosurgery.

If an athlete is removed from participation in an activity because of a suspected concussion: but is found **not to have a concussion**, the athlete's return to play should be determined by the athlete's medical provider in accordance with the provider's assessment of the athlete's condition and readiness to participate;

and is **determined to have sustained a concussion**, the athlete's readiness to return to participation should be assessed in accordance with the Alaska School Activities Association's graduated Return to Play (RTP) protocol. All student athletes with a concussion must successfully complete an appropriate RTP Protocol that lasts a minimum of six days before resuming full athletic activity. The Return to Play protocol recommended by ASAA's Sports Medicine Advisory Committee is described below.

## ASAA MEDICAL RELEASE FOR STUDENT ATHLETE WITH SUSPECTED OR ACTUAL CONCUSSION

Students should begin with a period of complete rest in which they avoid cognitive and physical exertion. As symptoms diminish, and the athlete feels able, he/she can begin trials of cognitive work, e.g. reading, texting, computer, TV, school. The introduction of cognitive work should be in short increments which increase progressively in length and intensity so long as concussion symptoms do not recur or worsen. When several hours of cognitive work are well tolerated at home, then attendance at a half day of school is appropriate. When a full day of school is tolerated, then homework may be added. Academic accommodations may be necessary for student athletes as they return to school following a concussion. If cognitive work at any time provokes or exacerbates symptoms, then the work should be discontinued, additional cognitive work should be minimized until symptoms regress, and the student can attempt to advance cognitive work again on the following day.

Only when the concussion symptoms have been entirely absent for 24 hours, does Day 1 of the progressive return to physical activity begin. The Return To Play Protocol is to take place over a minimum of six days, with at least 24 hours between each step. The rate of progression through the steps in the program should be individualized. Factors which may slow the rate are young age, history of previous concussions, number/severity/duration of concussion symptoms, medical risk factors, and the concussion risk of the sports to which the athlete will return. Physical or cognitive activity that provokes recurrence of concussive symptoms will delay recovery and increase the risk of future concussion. Therefore, if symptoms recur at any step, then physical activity should stop until 24 hours after resolution of the symptoms, and then resume at the previous step.

### **SYMPTOMATIC STAGE:**

- Physical and Cognitive Rest.
- Then Incremental Cognitive Work, without Provoking Symptoms.
- If no symptoms, then:

#### **Day 1**

- Begin when symptom free for 24 hours.
- 15 min **light aerobic** activity (walk, swim, stationary bike, no resistance training).
- **If no symptoms, then:**

#### **Day 2**

- 30 min light-mod aerobic activity (jog, more intense walk, swim, stationary bike, no resistance training).
- **If no symptoms, then:**

#### **Day 3**

- 30 min mod-heavy aerobic activity (run, swim, cycle, skate, Nordic ski, no resistance training).
- **If no symptoms, then:**

## ASAA MEDICAL RELEASE FOR STUDENT ATHLETE WITH SUSPECTED OR ACTUAL CONCUSSION

### Day 4

- 30 min **heavy aerobic** (hard run, swim, cycle, skate, Nordic ski)
- 15 min **Resistance Training** (push-up, sit-up, weightlifting)
- **If no symptoms, then:**

### Day 5

- **Return to Practice, Non-contact Limited Participation**  
(Routine sport-specific drills).
- **If no symptoms, then:**

### Day 6

- **Return to Full-Contact Practice**
- **If no symptoms, then:**

### Day 7

- **Medically Eligible for Competition after completing RTP Protocol and is cleared by Healthcare Professional**
- **ASAA Eligibility Criteria** must be met before return to competition.

### SECTION 1: THE CONCUSSED ATHLETE

\_\_\_\_ Student has sustained a concussion and is not yet ready to begin the Return to Play Protocol.

\_\_\_\_ Student is cleared to begin ASAA's Return to Play Protocol with any modifications noted below. This clearance is no longer effective if student's symptoms return and persist.

\_\_\_\_ **Student is entirely free of concussion symptoms and has completed the ASAA Return to Play Protocol or another appropriate return to play protocol lasting a minimum of six days. The athlete is medically eligible to return to competition.**

Please note any additional modifications to ASAA's Return to Play Protocol below [attach more pages if needed]:

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