

Central High School

Return to Learn/Return to Play Protocol

Dear Parents/Guardians

Central High School has created the Concussion Oversight Team due to new legislature in Illinois that requires schools to have a return to learn and return to play protocols for concussions/head injuries. Team members include Dr. Carey Ellis of OAK Orthopedics, Certified Athletic Trainer Katie Lisko, Principal Marc Shaner, School Counselor Debbie Krones, and Athletic Director Jeff Fenton. The COT created a return to learn and return to play protocol that Central High School will follow. A packet was also created that contains the protocol which will be distributed and explained to the parents of a student that is exhibiting concussion-like symptoms.

After observing a student athlete who exhibits concussion-like symptoms, the certified athletic trainer will give the Sport Concussion Assessment Tool (SCAT3). These findings will be reported to our team physician or a physician of a parent's choice, but can only be a **MD or DO**. In a concert with the physician of record, we will proceed with our Return to Learn/Return to Play Protocol.

Certified Athletic Trainer's Responsibility

- Contact Parents. Explain the Concussions and Treatments. Explain Central High Schools Return to Learn/Play Protocol. Have parents complete the parent portion of the Return Learn/Play Protocol, and sign "Concussion Clearance sheet; IHSA Post Concussion Consent Form; and the Consent to Share Medical Information form.
- Contact School Counselor, Principal, Athletic Director, and physician to set in motion the RTL protocol
- Contact the Concussion Oversight Team to inform that a student-athlete is exhibiting concussion-like symptoms
- Following the completion of the Return to Learn portion of the protocol, administer the ImpACT Concussion Post-Injury test.
- Once the student-athlete has met his/her baseline and/or the standard deviation of their ImpACT test, the athletic trainer will begin the Return to Play protocol.
- Inform the Concussion Oversight Team and parents that student-athlete has completed the RTP protocol.

High School Counselor/School Principal/Athletic Director

- Primary School contact person as follows: High School Counselor, High School Principal, Athletic Director
- Communicate with student-athlete at the beginning of each class period in the school day for a wellness check.
- Communicate with student-athlete's teachers regarding restrictions placed on the student's school day
- Make sure sign offs are completed by the student's teachers for every class.
- Sign off on the Return to Learn portion of the Concussion Clearance Sheet, and the IHSA Post Concussion Consent Form once the Return to Learn portion is completed.
- Inform the parents when the Return to Learn portion is completed
- Inform the Certified Athletic Trainer that the Return to Learn protocol is completed and may begin the Return to Play protocol.

