

Mukilteo School District Parent Information Sheet for Return to Play (Concussions)

How long will my child have symptoms?

Every child reacts differently to injury especially when it comes to the brain. There is no good answer to how long they will have symptoms. Watching TV, playing video games, using the computer and even school work can sometimes prolong the symptoms and should be avoided until they have been properly evaluated by an approved licensed health care professional trained in the evaluation and management of concussions. It is common for student-athletes who have sustained a concussion to have difficulty in school 24-72 hours after the initial injury. If you have concerns about your child and school do not hesitate to contact their teachers and administration (see the Return to Learn Protocol).

My Child is Feeling Better, When Can They Return to Activity?

Now that your child has returned to full time school work and is not suffering any symptoms from their concussion we can start the return to play progression. These guidelines are the result of the latest international medical conference on concussions in sport that was held in Zurich in 2008. Every child and concussion is different and unique and will need to follow its own return to play protocol. These guidelines are a minimum standard that should be followed. The longer your child suffered symptoms the more time there should to be between each step. In accordance with RCW 4.24.660 all return to play decision will be made by an approved licensed health care professional that is trained in the evaluation and management of concussions and not the coach or parent. Your school's Certified Athletic Trainer or physician will be able to help with the return to play decision and progression.

The following learning accommodations may be advisable for 24-73 hours following a concussion:

➤ Excused from School	➤ Abbreviated school schedule
➤ No PE classes/participation	➤ Postpone/reschedule tests/quizzes
➤ Provide extra time for assignments	➤ Refrain from use of electronics (TV, video, phone)
➤ Take breaks/rest when needed	➤ Visit school nurse when needed

RETURN TO PLAY PROTOCOL after a Concussion

Step 1: Complete Cognitive Rest – this may include staying home from school or limiting school hours for several days. Activities requiring concentration and attention may worsen symptoms and delay recovery.

Step 2: Return to school Full-Time

Step 3: Light Aerobic Exercise – walking or riding an exercise bike. No helmet or other equipment. No weightlifting.
NOTE: this step MAY NOT begin until the student-athlete is symptom free and cleared to return. High School student-athletes MUST successfully complete post-injury IMPACT test prior to full clearance.

Step 4: Heavy Aerobic Exercise – running/sprinting. No helmet or other equipment. No weightlifting.

Step 5: Sports Specific Training – running/sprinting, body weight exercises. No helmet or other equipment. No weightlifting.

Step 6: Non-contact Practice – full equipment and weight training can begin.

Step 7: Full contact Practice

Step 8: Play in game

With this step by step progression, the athlete should continue to proceed to the next level if asymptomatic at the current level. If any post-concussion symptoms occur, the patient should drop back to the previous asymptomatic level and try to progress again after being symptom free for at least 24 hours. -Zurich Consensus Statement, 2009

For further information on return to play, look at the following websites:

www.cdc.gov/concussion/HeadsUp/youth or www.mukilteo.wednet.edu/departments/athletics