



SPENCERPORT CENTRAL SCHOOL DISTRICT

"Home of the Rangers"

Administration Building
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Spencerport, NY 14559

JOHN F. PELIN, JR.
Director of PE/Health/Athletics

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Date

To the Parent/Guardian of:
Name of Student Athlete

The long term risks and consequences of repeated head injuries (concussions) have caused our athletic department and school district to re-address our return-to-play protocol. Previously, we would accept the private physician's medical clearance for an immediate return to practice and/or competition. Your physician's clearance is now only **one** part of several measures (i.e., ImPACT Concussion Management Program) we will use to determine a student-athlete's readiness to return to participation. This protocol has been approved and adopted as best practice by the New York State Public High School Athletic Association (NYSPHSAA, Inc.), Section V, our school physician as well as the Spencerport Central School District.

Accordingly, when a student-athlete has a head injury diagnosed with concussion symptoms, he/she must be medically cleared by your private physician and remain completely symptom-free for at least 24 hours before a return-to-participation/play process is begun. A mandatory minimum six-day graduated return-to-participation/play protocol will be implemented by our athletic trainer as follows:

Step 1: Medical clearance by your physician (MD, not a mid-level provider) and completely symptom-free for 24 hours. A written prescription from **your** physician is required. Please note, an Emergency Room or Urgent Care prescription will **not** be accepted.

- Phase 1: Light Impact, Non Strenuous Aerobic Exercise*
- Phase 2: High Impact, Higher Aerobic Exercise*
- Phase 3: Sport Specific Exercises*
- Phase 4: Non-Contact Training Drills*
- Phase 5: Full Contact Training Drills*
- Phase 6: Return to Play*

*At any time symptoms return during the graduated re-conditioning, the student must stop the training, be referred back to the private health care provider, have a full 24 hours of rest, and may not start over with the last phase where the athlete was symptom free until the athlete has been completely symptom free again for a full 24 hours off pain killing medicines.

No exceptions will be made to this return to participation process for any reason, because the risks are too great. Medical literature has demonstrated a repeat of even a minor blow (not even necessarily to the head region) that affects the head/brain of a previously injured student-athlete who is not fully recovered can lead to permanent brain damage and even death.

Please understand we have developed our protocols in order to ensure the health and safety of your child and in accordance with NY State Law. Your assistance and cooperation in educating your child of the importance of following a graduated re-entry to participation and competition following a head injury is deeply appreciated.

Please feel free to contact our athletic trainer (athletictrainer@spencerportschools.org) or myself at 349-5170 if you have any questions.

Sincerely,

John F. Pelin, Jr.
Director of PE/Health/Athletics

c: Trainer
Coaches
School Nurse

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