



CHESTERFIELD COUNTY PUBLIC SCHOOLS

CONCUSSION MEDICAL RELEASE FORM – POLICY 4132

Dear Licensed Health Care Provider:

_____, a student-athlete, was recently removed from a Chesterfield County Public Schools' extracurricular physical activity because school officials suspect that the student sustained a concussion. Pursuant to School Board Policy 4132 (a copy of which may be found on the school division's website, *mychesterfieldschools.com*), the student may not return to play in any extracurricular activity unless he or she is released to do so by his or her licensed health care provider. Please complete the certifications that follow and sign and print below.

I certify that:

I am a physician, physician assistant, osteopath or athletic trainer licensed by the Virginia Board of Medicine; a neuropsychologist licensed by the Board of Psychology; or a nurse practitioner licensed by the Virginia State Board of Nursing and I am aware of the current medical guidance on concussion evaluation and management; **AND (check only one of the following):**

The student-athlete **DID** sustain a concussion and **IS NOT RELEASED** to play at this time; **OR,**

The student-athlete **DID NOT** sustain a concussion and **IS RELEASED** to return to play today; **OR,**

The student-athlete **DID** suffer a concussion, but no longer exhibits signs, symptoms or behaviors consistent with a concussion at rest or with exertion; further, the student has successfully completed a progressive return to sports participation program pursuant to School Board Policy 4132 that lasted a minimum of five calendar days after the student exhibited no concussive symptoms for a period of at least 24 consecutive hours in compliance with *Consensus Statement on Concussion in Sport: The 4th International Conference on Concussion in Sport held in Zurich, November 2012. McCrory P, Meeuwisse WH, Aubry M, et al. Br J Sports Med 2013; 47:250–258.* The student, therefore, **IS RELEASED** to return to play today.

Print Name of Licensed Health Care Provider

Signature of Licensed Health Care Provider

Date

Parent/Student - Return completed form to:

- | | | |
|---|---|------------------|
| • For High School – VHSL Activities | - | Athletic Trainer |
| • For High School – Non-VHSL Activities | - | Clinic Assistant |
| • For all Middle School Activities | - | Clinic Assistant |
| • For all Elementary School Activities | - | Clinic Assistant |

COPY TO BE RETAINED IN STUDENT'S CUMULATIVE SCHOOL FILE

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (*even a brief loss of consciousness should be taken seriously*)

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. *They can even be fatal.*

Remember

Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse.

After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.