



SPENCERPORT CENTRAL SCHOOL DISTRICT

"Home of the Rangers"

Spencerport High School
2707 Spencerport Rd.
Spencerport, NY 14559

JEN PLACITO
Director of PE/Health/Athletics

Phone:(585)349-5170
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Date

To the Parent/Guardian of:

Name

Address

Address

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, **not** a mid-level provider (PA, NP) and remain completely symptom-free for at least 24 hours before a **mandatory** six-phase return-to-participation/play process is implemented by our athletic trainer. Please note, an Emergency Room or Urgent Care prescription will **not** be accepted as a return to game play. The six-phase graduated return-to-play is as follows and no step will be missed:

Phase 1: Light-Exertion,
Non-Strenuous Aerobic Exercise*
Phase 2: Medium-Exertion,
Higher Aerobic Exercise*

Phase 3: High-Exertion, Sport Specific Exercises*
Phase 4: Non-Contact Training Drills*
Phase 5: Full Contact Training Drills*
Phase 6: Return to Game Play*

At any time that symptoms return during the graduated re-conditioning, the student shall stop training, have a full 24 hours of rest, and, if totally symptom free, will be allowed to attempt the previous phase. Students with persistent symptoms may not proceed in the return-to-play protocols. If symptoms remain protracted for more than 10-14 days, the student will be referred back to their treating physician for further evaluation. Protracted symptoms, as well as complex, or multiple concussions may also require referral to a concussion specialist before a student is allowed to participate in contact/collision activities or sports.

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,

Jen Placito
Director of PE/Health/Athletics

c: Athletic Trainer, Coaches, School Nurse

Our Mission is to educate and inspire each student to love learning, pursue excellence and use knowledge, skills and attitudes to contribute respectfully and confidently to an ever-changing global community.

www.spencerportschools.org

Revised on 05/23/2018