

Unionville – Chadds Ford School District

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To: Parents/Guardians
From: UCFSD Athletic Training Staff
Topic: Concussion Protocol

It has come to our attention that _____, one of our student-athletes, has been diagnosed with, or is recovered from, a concussion. According to UCFSD board policy student-athletes diagnosed with a concussion **need written medical clearance** from an appropriate medical professional, trained in the evaluation and management of concussions, before the student-athlete may begin a graduated individualized return-to-play protocol. This protocol will be supervised by an athletic trainer or Licensed Physical Therapist, school/team physician or in cases where the aforementioned are not available, a physician or licensed health care provider trained in the evaluation and management of sports-related concussion.

The following graduated return-to-play protocol is to be followed unless the appropriate medical professional outlines additional steps, or additional time between steps. **If symptoms occur at any step, the athlete should cease activity and be re-evaluated by their healthcare provider.**

Step 1: Completion of a full day of normal cognitive activities (school day, studying for tests, watching practice, interacting with peers) without re-emergence of any signs or symptoms.

Step 2: Light exercise, including walking or riding an exercise bike. No resistance training or weight lifting.

Step 3: Sport specific exercises or running in the gym and/or on the field. No head impact activities. No helmet or other equipment.

Step 4: Non-contact training drills in full equipment. Resistance/Weight training can begin.

Step 5: Normal practice or training activities.

Step 6: Return to play involving normal exertion *or* game activity.

We are providing you with this letter to inform you of the steps that must be taken before your child can return to full participation. Please review this letter with your child and contact us with any questions.

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