



## Siena Catholic Academy

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### MIDDLE SCHOOL

Dear Parents/Guardians:

In the summer of 2012, the "Concussion Management and Awareness Act" was signed into law by Governor Cuomo. The law establishes head concussion guidelines, and seeks to ensure the safety of student athletes.

Schools have been compliant with the requirements of this law, and individual schools follow the protocol that best fits the school profile. Both physical and cognitive rest are essential following concussion until symptoms resolve for a full 24 hours. After a symptom free 24 hour period without medication, the student athlete can proceed to "Return to Play protocol" by the family health care provider. In practical terms, that means that your child will go through a strict six step progressive exercise program before returning to team play. The NYS Public High School Athletic Association follows Return to Play Guidelines and monitors each athlete in a graduated progression of activity over six phases AFTER the athlete has been cleared by their physician.

Observation and documentation of an athlete's progress is the responsibility of the parent or guardian with assistance from their private Health Care Provider. The injured student must be monitored independently and outside of school.

The School Nurse will provide the parents with explicit directions for each phase in the protocol. The Nurse will instruct and guide progression as she is able, but activities will be monitored by parents. Parents will provide written communication to the Siena Nurse after the successful completion of each phase. At any time symptoms return after a stage completion, the athlete must rest again until a full 24 hours symptom free has elapsed, at which time the progression can restart at phase one.

Throughout the phases, the private physician will provide periodic evaluation, and the School Nurse will conduct cognitive testing. The parents will communicate and work closely with the private physician, the School Nurse, and any teachers or school staff that are integral to the evaluation process. Ultimately, the athlete will be cleared to participate in the school sponsored sport with the agreement of the School Nurse and private physician, in absence of an Athletic Trainer or School Physician.

In the event that your child exhibits any signs or symptoms of concussion, please contact the School Nurse as soon as possible to begin the process of evaluation.

Thank you for your understanding and assistance in this mandate.

Laura Sherman, RN , School Nurse