

East Longmeadow High School
Sports Clearance Guidelines

Revised 9-25-15

Students must have the following items in place in order to be cleared for a sport:

1. Physical exam that has been done within the last 13 months. Physicals are kept on file to be used for future sports clearances. Check with the health office or your pediatrician if you are unsure when your child's physical exam is due to expire.
2. Health history form (side A of MIAA form) completed and signed by parent/guardian and athlete. **A new form is required each sports season.** Make sure this form is filled out in ink, all questions have been answered, "yes" answers have been explained in area provided and that it is signed, or the student cannot participate in practice or games.
3. Completed registration on Family ID program (both parent and student). **This must be updated for each sports season.**
4. Valid "baseline" test on Concussion Vital Signs program.

Students will be cleared for sports once the school nurse has received and reviewed all necessary paperwork and determined the student meets the criteria for sports clearance. Occasionally, more information from a parent or a physician may be required.

All paperwork should be turned into the health office **at least 1 week prior to the start of the season** to ensure clearances will be done by the first day of practice. For Fall Sports, all forms must be in by **August 1st or the student will not be able to participate on the first day of practice.**

If a student experiences a serious illness or injury once they have been cleared for a sport, they will need medical clearance to return to sports. This clearance can be provided by an MD, PA or NP. Examples of serious injuries would include those requiring a doctor's care/evaluation. Notes must be turned into the school nurse's office. If notes are brought in after regular school hours, students should show the note to the coach and/or athletic trainer. The note must be given to the school nurse the next school day. Parents should inform the school nurse and/or athletic trainer of any serious illness or injuries requiring medical care. Injuries involving concussions are handled according to the concussion policy/protocol (see reverse).

Students who have emergency medications, such as Epinephrine or Asthma inhalers, should have them accessible at all times during sports activities.

Please call the school nurse Tia Mazza, RN @ 525-5468 ext. 223, if you have any questions.

Completed forms and doctor's notes can be faxed directly to the health office @ 525-9781.

Tia Mazza, RN
School Nurse

Return to sports following concussion:

State regulations require that students who have been diagnosed with a concussion must have medical clearance to return to play. This clearance can only be provided after he or she completes a graduated return to play program and shows no recurrence of symptoms. The student's primary care provider or the physician who is managing the student's recovery must give permission in writing before the student can begin the return to play process. The process includes the following steps:

- 1) The student athlete must be symptom free for at least 24 hours at rest and with exertion.
- 2) The student will take the post injury test on Concussion Vital Signs. If the student does not meet the requirements after taking the post injury test, it is up to the discretion of the athletic trainer (following consultation with the school nurse) to refer back to the PCP for further assessment and instruction.
- 3) If the student meets the requirements after taking the post injury test, and the health professional has provided medical clearance, the student will begin the 6 step return to play protocol under the supervision of the athletic trainer/school personnel. At the end of this process the AT will complete the "Post Sports-Related Head Injury Medical Clearance and Authorization Form" required by the Massachusetts DPH. This completed form will be sent to the health care provider who authorized the start of the return to play protocol.
- 4) Sometimes circumstances may arise that require the return to play process to be done outside of school under the supervision of the PCP or the neuropsychologist who is managing the concussion. At the end of this process, the medical clearance form required by the Massachusetts DPH will be completed and submitted to the school nurse or AT. If the student has been referred to a concussion clinic or facility, any post-concussion testing will be done by the provider.
- 5) Most concussions will follow this basic action plan. Concussions involving a prolonged recovery or other special circumstances will be managed on an individual basis to best meet the needs of the student.

The full East Longmeadow Public Schools Policy/Protocol for Management of Sports Related Concussions can be found on the ELPS district website under the Health Services link.