

## Parent Concussion Information Sign Off

I have been given and read the concussion protocol for High School athletics at Northstar Christian Academy. I am aware that if my child exhibits signs, symptoms or behaviors consistent with a concussion they will have to go through the following protocol in order to resume play.

1. The athlete **will not** be allowed to return to play/activity in the current game or practice.
2. The athlete should not be left alone, and regular monitoring for deterioration is essential over the initial few hours following injury.
3. Following the initial injury, the athlete **must follow up** with their primary Care Physician or **by an Emergency Department within the first 24 hours**.
4. The athlete **must have** the initial "Concussion Checklist" by Coach/Nurse and the "Concussion Checklist Physician Evaluation" signed and dated by #3 above. These forms must be returned to the school nurse at Northstar Christian Academy.
5. Return to play **must follow** a medical clearance and successful completion of the "Return to Play Protocol."
6. The coach will supervise and document the Prague "Return to Play Protocol." The Primary Care Physician has final determination for students return to play status.

Once my child has been cleared to play, I realize they will have to follow the protocol below before playing in a game. I am aware that this could take multiple days.

1. No exertional activity until asymptomatic
2. Light aerobic exercise such as walking or stationary bike, etc. No resistance training.
3. Sport/activity specific exercise such as skating, running, etc. Progressive addition of resistance training may begin.
4. Non-contact training/skill drills.
5. Full contact training in practice setting (if a contact/collision sport).
6. Return to competition.

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Parent's Name

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Parent's Signature

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Date