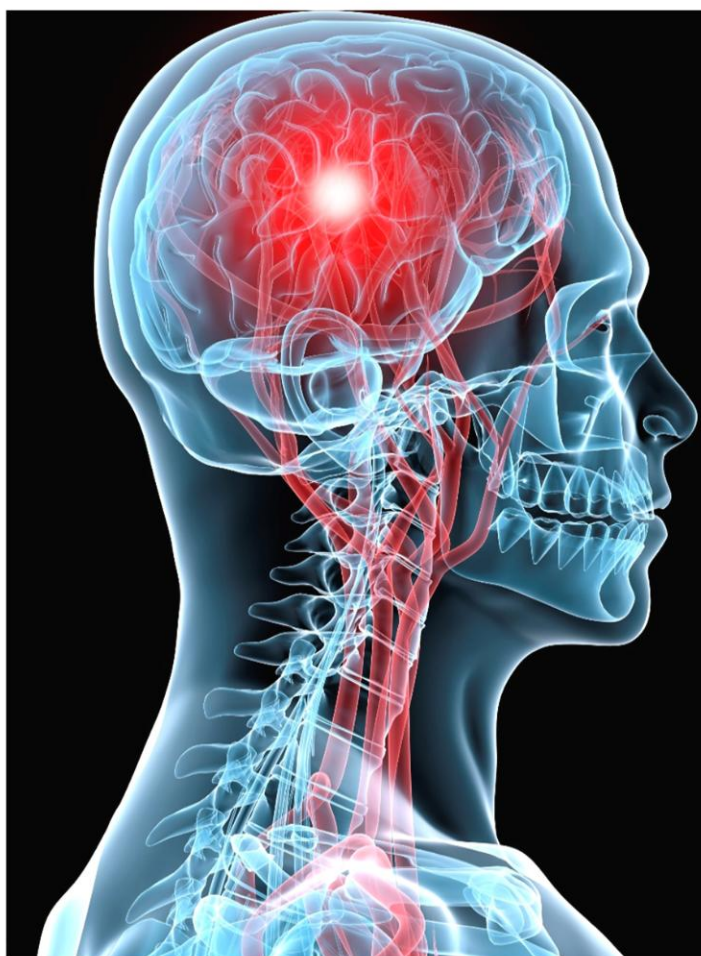




Parent/Guardian Concussion Information Packet

Delaney Farmer, LAT,ATC

Athletic Trainer

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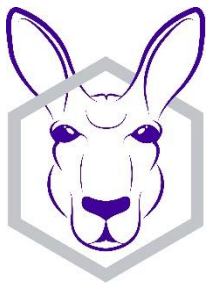
This packet has been provided to you to empower you with the resources to better assist in the care of your child.

CONCUSSION STAGE OUTLINE

Summary of the steps required to complete the school concussion protocol

1	Initial Evaluation & Documentation • The athlete is evaluated for a possible concussion. • If a concussion is identified, the injury is entered into Final Forms and the concussion protocol begins.
2	Daily Symptom Monitoring • The athlete must check in with the Athletic Trainer each school day. • The athlete completes the symptom form daily so symptoms and recovery can be tracked. • On weekends or non-school days, the athlete may use the online symptom-tracking form provided by the Athletic Trainer.
3	Complete & Report Each Return-to-Play Stage • Each stage of the return-to-play progression must be communicated to the Athletic Trainer. • The Athletic Trainer will document each completed stage in Final Forms and confirm whether any symptoms or problems occurred. • If the athlete does not check in with the Athletic Trainer, that day cannot be counted as a completed stage of the protocol.
4	Team Practice Stages • Stages 4 and 5 are completed with the athlete's team during practice. • If a stage falls on a game day, it moves to the next available team practice day. • Game participation does not count as a return-to-practice stage and cannot be used to advance the protocol.
5	Post-Injury ImPACT Test • The athlete must complete the post-injury ImPACT test as directed by the Athletic Trainer.
6	Final Medical Clearance • Final clearance must be obtained from an approved medical provider: MD, DO, ARNP, or PA-C. • The Athletic Trainer can provide evaluation notes, symptom history, and post-injury ImPACT results for the medical provider to review. • A medical note must specifically state that the athlete is cleared to return to sport. Future-dated clearance notes will not be accepted.

Communication is essential. The athlete should communicate with the Athletic Trainer throughout the concussion protocol. Failure to check in or report completion of a stage may delay progression and the athlete's return to participation.



LAKE WASHINGTON HIGH SCHOOL

PARENT CONCUSSION PAMPHLET

To the Parents/Guardians of: _____ Date of Evaluation: _____

My name is Delaney Farmer, and I am the Athletic Trainer for Lake Washington High School.

Today I evaluated your child. The results of the evaluation indicated your child has a concussion
The WIAA recognizes Athletic Trainers as healthcare professionals qualified to assess and manage concussions.

As of right now, (unless otherwise noted) you do not have to do anything other than just keep an active eye on them (see "Parent Involvement" document in this pamphlet of information).

I have provided this packet of information to empower you with information that will help in the concussion management and monitoring of your child. **(PLEASE READ EVERYTHING)**

Within this packet you will have information that goes over:

1. What is a concussion
2. Our school's concussion management and return to play program
3. Information to get you involved
4. Clinic options to have your child seen by a concussion specialist
5. A copy of the concussion symptom list that your athlete will fill out each day

The purpose of this packet is to empower you with important information so we can all help each other get your child back to school and sports safely.

If you have any questions at any time, please feel free to email, call or schedule a time to come in to meet with me personally.

Near the end of the concussion protocol, we ask that you schedule an appointment with a qualified healthcare provider for a follow-up evaluation and medical clearance. You may choose a provider of your choice, or I can provide you with several recommended options (see clinic options handout in t.

When attending this appointment, please bring the documentation provided by the Athletic Trainer outlining your student-athlete's symptoms, progress, and Return-to-Play progression. This information can help the healthcare provider make an informed decision regarding clearance.

Once the appropriate medical clearance has been received and the student-athlete has successfully completed all required stages of the Lake Washington High School Return-to-Play protocol, they may be cleared to return to unrestricted athletic participation.

WIAA-recognized healthcare providers who may provide concussion clearance include:

- Medical Doctor (MD), Doctor of Osteopathic Medicine (DO), Advanced Registered Nurse Practitioner (ARNP), Physician Assistant (PA-C), Licensed Athletic Trainer (LAT)

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What is a Concussion

What Can I Do to Help My Child Recover After a Concussion?

Recovery is different for every student. The following recommendations can help support your child during the recovery process:

- **Encourage adequate sleep and rest.** Maintaining a consistent sleep schedule is important during recovery. Allow your child additional rest when needed and try to avoid late nights or activities that significantly disrupt normal sleep.
- **Avoid activities that could result in another head injury.** Your child should not participate in sports, bicycle riding, skateboarding, climbing, amusement rides, or other activities that place them at risk for another bump, blow, or jolt to the head or body until appropriately cleared.
- **Use medications only as recommended.** Give your child medications only as directed or approved by their healthcare provider.
- **Gradually return to school and daily activities.** Most students can begin returning to school relatively soon after a concussion, even if mild symptoms remain. The return should be guided by symptoms and recommendations from the healthcare team.
- **Consider temporary academic accommodations when needed.** Concussion symptoms may temporarily make schoolwork more difficult. Accommodations may include:
 - A shortened or modified school day
 - Scheduled rest breaks
 - Reduced screen time or workload
 - Additional time to complete assignments or tests
 - Fewer tests or assignments in one day
 - Postponing testing when symptoms are significantly increased
 - Access to a quieter or less visually stimulating environment
- **Communicate with your child's healthcare and school team.** If symptoms interfere with your child's ability to participate successfully in school, communicate with the Athletic Trainer, teachers, counselors, school nurse, and healthcare provider so appropriate adjustments can be made.
- **Share information about the concussion with individuals who regularly interact with your child.** Teachers, counselors, coaches, family members, and others who work closely with your child should understand the injury, possible symptoms, and any recommended accommodations. Consistent communication helps provide appropriate support throughout the recovery process.

- **Manage screen time and light exposure based on symptoms.** Screen time may be limited during the first day or two following a concussion and should be reduced if phones, computers, televisions, or other electronic devices increase symptoms. Adjusting screen brightness, taking frequent breaks, or reducing exposure to bright environments may also be helpful for students experiencing light sensitivity.
- **Encourage light physical activity as tolerated.** Complete physical inactivity is generally not necessary throughout concussion recovery. Light activities, such as walking, may be beneficial even when mild symptoms are still present. Activity should remain low-risk and should be reduced or stopped if symptoms significantly worsen. Participation in sports or activities with a risk of head injury is **not permitted** during this stage.

What Symptoms May My Child Experience With a Concussion?

Most individuals who sustain a concussion **do not lose consciousness**. Signs and symptoms can vary considerably from one person to another and may change throughout the recovery process.

Common early signs and symptoms may include:

Headache/Nausea

- Fatigue/Sleeping too much or having trouble sleeping
- Dizziness/Balance problems
- Malaise/Feeling in a "Fog"/Feeling Slow/Trouble concentrating or remembering
- Light or noise sensitivity
- Feeling emotional changes/irritable/feeling flat
- Just not themselves

Full symptom list can be found on our Symptom Check-list that is in this packet.

Symptoms may not always appear immediately following an injury. Parents and guardians should continue to monitor their child and communicate any significant changes or worsening symptoms to the Athletic Trainer or healthcare provider.

Does the Student-Athlete Need to See a Physician?

Parents and guardians always have the right to seek outside medical evaluation for their child. Lake Washington School District and Lake Washington High School will never discourage a parent or guardian from obtaining additional medical care when they believe it is appropriate.

However, an outside physician visit may not be required in every concussion case. At Lake Washington High School, the Licensed Athletic Trainer is a qualified healthcare professional trained in the evaluation and management of sport-related concussions and can evaluate, monitor, and manage concussion recovery within the scope of school district and WIAA guidelines.

If at any point the Athletic Trainer has concerns regarding the student's symptoms, recovery, neurological status, or lack of expected progress, the student-athlete will be referred to an appropriate medical provider for additional evaluation.

Washington State law requires a student-athlete who has been removed from participation because of a suspected concussion to be evaluated by a licensed healthcare provider trained in the evaluation and management of concussion and to receive written clearance before returning to athletic participation.

Healthcare providers currently recognized by the WIAA for concussion evaluation and return-to-play clearance include:

- Medical Doctor (MD)
- Doctor of Osteopathic Medicine (DO)
- Advanced Registered Nurse Practitioner (ARNP)
- Physician Assistant (PA-C)
- Licensed Athletic Trainer (LAT)

Parents and guardians may choose to have their child evaluated by any appropriately qualified healthcare provider.

Important Information About Medical Clearance

A written medical clearance does not automatically mean that a student-athlete may immediately return to unrestricted practice or competition.

Lake Washington High School follows a structured concussion management and graduated return-to-play process. Before returning to full participation, the student-athlete must complete all required stages of the concussion protocol, including appropriate return-to-school activities and a medically supervised, graduated return-to-play progression.

These stages are designed to evaluate how the student responds as physical and cognitive demands gradually increase. Stages may not be skipped or unnecessarily accelerated.

If you choose to have your child evaluated by an outside healthcare provider, please refer to the Clinic Options Handout included in this concussion packet for additional information and available resources.

What Are the Risks of Returning to Sports Too Soon?

Returning to athletic participation before the brain has adequately recovered can place a student-athlete at increased risk for another concussion, worsening symptoms, prolonged recovery, and potentially more serious injury.

A student-athlete who is still recovering may also experience slower reaction time, impaired balance, difficulty concentrating, or other symptoms that can increase the likelihood of additional injury during sports participation.

For these reasons, it is extremely important that student-athletes are honest about their symptoms throughout the recovery process. Athletes should never hide symptoms or report that they feel better simply because they want to return to practice or competition.

No game, practice, or playing time is more important than the long-term health and safety of the student-athlete.

Parent Involvement

Parents play an important role in concussion recovery

No one knows your child better than you do.

Parents and guardians play an important role in concussion management because you have the opportunity to observe your child outside of school and recognize changes that may not be noticeable during the school day.

We ask that you partner with the Lake Washington High School Athletic Trainer throughout your child's recovery. Please monitor your child for new symptoms, worsening symptoms, or changes in behavior, personality, sleep, balance, or overall well-being, and communicate any concerns you may have.

Your child is a student first and an athlete second. Our priority is to provide the safest and most appropriate care possible so they can successfully return to their normal daily and academic activities before ultimately returning to unrestricted athletic participation.

What Should Parents and Guardians Watch For?

Most concussion symptoms can be appropriately monitored during recovery. However, certain signs and symptoms may indicate a more serious injury and require immediate medical attention.

Seek emergency medical care immediately or call 911 if your child:

- Develops a headache that continues to greatly worsen and does not go away – debilitating headaches
- Becomes extremely drowsy or cannot be awakened
- Cannot recognize familiar people or places
- Experiences repeated vomiting
- Becomes increasingly confused, restless, agitated, or displays unusual behavior
- Experiences a seizure or convulsion
- Develops weakness, numbness, or decreased coordination in the arms or legs
- Has one pupil that appears larger than the other
- Develops slurred or unusual speech
- Becomes increasingly unsteady or has significant difficulty walking
- Loses consciousness

A Note About Sleep

It is common for a student to feel tired or experience changes in sleep following a concussion. You do not need to routinely wake your child throughout the night unless you have specifically been instructed to do so by a healthcare provider.

However, there is an important difference between normal sleep and being unable to awaken your child. If your child cannot be awakened normally, is unusually difficult to wake, or you are concerned about their responsiveness, seek emergency medical care immediately.

Please Keep Us Informed

Please contact the Lake Washington High School Athletic Trainer if you notice:

- New concussion symptoms
- Symptoms that are becoming noticeably worse
- Significant changes in your child's behavior or personality
- Increasing difficulty with school or concentration
- Concerns about sleep
- Difficulty tolerating normal daily activities
- Any other changes that concern you during the recovery process

Information you observe at home is extremely valuable. By communicating with one another, parents, school staff, and healthcare providers can develop a more complete picture of how the student-athlete is progressing.

Please feel free to contact the Athletic Trainer with any questions or concerns regarding your child's concussion management or the care being provided at school.

Parents Always Have the Right to Seek Additional Medical Care

Parents and guardians always have the right to have their child evaluated by an outside healthcare provider at any point during the concussion recovery process.

If you choose to seek an outside medical evaluation, please review the additional information included in this concussion packet regarding the licensed healthcare providers recognized by the WIAA for concussion evaluation and return-to-play clearance.

Whenever possible, please provide the Athletic Trainer with documentation and recommendations from your child's healthcare provider so that we can work together to provide consistent care throughout the recovery process.

Management Tools

Tools We Use to Monitor Concussion Recovery

Concussion recovery can vary significantly from one student-athlete to another. Because symptoms and function may change throughout the recovery process, ongoing evaluation and communication are important.

At Lake Washington High School, the Athletic Trainer uses several tools to monitor recovery, evaluate progress, and help determine when a student-athlete is ready to safely advance through the concussion protocol.

These tools may include:

- **ImPACT® neurocognitive testing**
- **Daily symptom monitoring**
- **A graduated Return-to-Play (RTP) protocol**

No single test or symptom score determines whether a student-athlete has fully recovered. Instead, information from each of these areas is considered together as part of the overall concussion management process.

ImPACT® Testing

ImPACT stands for Immediate Post-Concussion Assessment and Cognitive Testing.

ImPACT is a computerized neurocognitive assessment that evaluates areas such as memory, attention, processing speed, and reaction time.

When appropriate, student-athletes participating in designated sports may complete a baseline ImPACT test before their athletic season. This provides information about the athlete's cognitive performance when they are healthy and can provide a useful comparison if a concussion occurs later.

Following a concussion, a student-athlete may complete a post-injury ImPACT assessment as part of the recovery process. Results may be compared with the athlete's baseline performance and considered along with symptoms, clinical evaluation, school participation, physical activity, and other relevant information.

ImPACT testing is only one component of concussion management and is not used by itself to diagnose a concussion or determine return-to-play clearance.

Daily Symptom Monitoring

During the school week, the student-athlete will typically check in with the Athletic Trainer to review their concussion symptoms and discuss how they are feeling.

The student-athlete will be asked to rate the severity of symptoms using a numerical scale. This allows the Athletic Trainer to monitor:

- Whether symptoms are improving, remaining unchanged, or worsening
- Whether school or physical activity is affecting symptoms
- Changes in specific symptoms over time
- The student-athlete's overall progression through recovery

Regular symptom monitoring also provides an opportunity for the student-athlete to discuss concerns, changes in school performance, sleep difficulties, or other issues that may affect recovery.

If the student-athlete is unable to complete an in-person check-in, alternative options may be provided, including a paper symptom form or an approved electronic symptom-monitoring form.

Honest and accurate symptom reporting is extremely important. Student-athletes should never minimize or hide symptoms in an attempt to progress through the concussion protocol more quickly.

Graduated Return-to-Play (RTP) Protocol

Please refer to the Return-to-Play Protocol included in this concussion packet for a detailed description of each stage.

Under the supervision of the Lake Washington High School Athletic Trainer, the student-athlete will gradually progress through increasing levels of physical activity.

The purpose of the Return-to-Play protocol is to safely reintroduce the physical and cognitive demands of athletics while monitoring the student-athlete for the return or worsening of concussion symptoms.

The progression begins with lower-intensity activities and gradually advances toward more demanding exercise, sport-specific activity, and eventually full practice participation.

The Athletic Trainer will monitor how the student-athlete responds at each stage before allowing progression to the next level.

If symptoms significantly increase or concerns arise, the progression may be paused, modified, or moved back to an earlier stage until the student-athlete is ready to continue.

The concussion protocol may be slowed when necessary for the safety of the student-athlete, but stages should never be skipped simply to accelerate a return to competition.

Successful completion of the Return-to-Play protocol, along with appropriate medical clearance and satisfactory recovery in school and daily activities, helps the healthcare team determine when the student-athlete is ready to return to unrestricted athletic participation.

Concussion Clinic Options

Concussion Clinic and Healthcare Provider Options

Choosing a Healthcare Provider

Experience and training in the assessment, diagnosis, and management of concussion can vary among healthcare providers. If you choose to have your child evaluated outside of Lake Washington High School, we encourage you to select a healthcare provider who has experience working with concussions, particularly sport-related concussions in adolescents.

Parents and guardians always have the right to seek an outside medical evaluation at any point during their child's recovery.

If you would like additional concussion care or another medical opinion, the following programs and providers are excellent local options with experience in concussion evaluation and management.

UW Medicine Sports Concussion Program at Harborview

Sports Concussion Program at Harborview Medical Center

The UW Medicine Sports Concussion Program provides specialized evaluation and management of sport-related concussions and can assist with return-to-school and return-to-sport recommendations.

Location: Seattle

Appointments: 206-744-8000

Website: UW Medicine – Sports Concussion Program at Harborview

Seattle Children's Concussion Program

The Seattle Children's Concussion Program specializes in evaluating and managing concussions in children and adolescents. Their multidisciplinary team can assist families with concussion recovery, return-to-school planning, and a safe return to athletic participation.

Sport-Related Concussion Appointments: 206-987-2109

Locations: Appointments may be available in Seattle, Bellevue, Everett, and Federal Way

Website: Seattle Children's – Concussion Program

Adrielle Fry, MD

EvergreenHealth Sport & Spine Care

Dr. Adrielle Fry is a board-certified sports medicine and physical medicine and rehabilitation physician with experience in concussion evaluation and management. Dr. Fry also serves as a team physician for Lake Washington High School.

Location: EvergreenHealth Sport & Spine Care

12039 NE 128th Street, Suite 500

Kirkland, WA 98034

Appointments: 425-899-1220

Website: EvergreenHealth – Adrielle Fry, MD

WIAA-Recognized Healthcare Providers for Concussion Clearance

Under current Washington Interscholastic Activities Association (WIAA) guidelines, healthcare professionals authorized to make return-to-practice and return-to-play decisions following a concussion include:

- **Medical Doctor (MD)**
- **Doctor of Osteopathic Medicine (DO)**
- **Advanced Registered Nurse Practitioner (ARNP)**
- **Physician Assistant (PA)**
- **Licensed Athletic Trainer (LAT)**

If Your Child Is Evaluated Outside of the School

If your child is evaluated by an outside healthcare provider, please provide all medical documentation, recommendations, and return-to-play instructions to the Lake Washington High School Athletic Trainer.

The Athletic Trainer will work collaboratively with the outside healthcare provider, the student-athlete, parents/guardians, and school staff to coordinate the student's continued recovery and progression through the Lake Washington High School concussion protocol.

An outside medical clearance does not automatically mean that a student-athlete may immediately return to unrestricted practice or competition.

The student-athlete must still complete all required components of the school District's concussion protocol, including the appropriate Return-to-Learn and graduated Return-to-Play progression, before returning to unrestricted athletic participation.

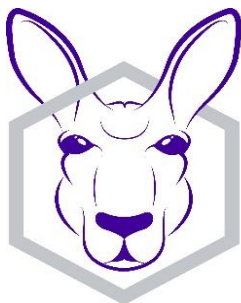
The recovery process may always be slowed or modified when medically appropriate, but stages should not be skipped simply to accelerate an athlete's return to competition.

Our goal is not to return the student-athlete to sports as quickly as possible. Our goal is to return them to their sport safely.

LWHS RETURN TO PLAY PROGRESSION

STEPS	ACTIVITY STRATEGY	EXAMPLE	OBJECTIVE
1	Symptom Stage - limited activity	Daily activities that do not exacerbate symptoms (e.g, walking)	Gradual reintroduce work/school
2A	Aerobic Activity - <i>Light</i> {up to approx 55% max HR}	Stationary cycling or walkign at slow to medium pace. May start light resistance training that does not result in more than mild and breif exacerbation * of concussion symptoms. 220 - age x 0.55 = training target HR	Increase heart rate
2B	Aerobic Activity - <i>Moderate</i> {up to approx 70% max HR}	Same as 2A but increase training target HR 220 - age x 0.7 = training target HR	Increase heart rate
3	Individual sport-specific exercise NOTE: if sport-specific exersise invovles any risk of head impact, medical determination of readiness should occure prior to step 3	Sport-specific training away from the team enviroment (e.g., running, change of direction and/or individual training drills away from the team enviornment). No activities at risk of head impact.	Add movement, change of direction
Steps 4-6 should begin after resolution of any symptoms, abnormalities in congitive function, and any other clincal findings related to the current concussion, including with and after physical exertion.			
4	Non-contact training drills	Exercise to high intensity including more challenging training drills (e.g., passing drills, multiplayer training). Can integrate into team enviroment.	Resume usual intensity of exercises, coordination, and increased thinking
5	Full contact practice	Particpate in normal training activities	Restore confidence and assess functional skills by coaching staff.
6	Return to sport (<i>Doctor note required before this stage</i>)	Normal game play	

Note: * Mild and brief exaceration of symptoms (i.e., an increase of no more than 2 points on a 1-10 point scale for less than an hour when compared with the baseline value reported prior to physical activity). Athletes may begin Step 1 (i.e., symptom stage - limited activity) within 24 hours of injury, with progression through each subsequent step typically taking a minimum of 24 hours. If more than mild exacerbation of symptoms (i.e., more than 2 points on a 0-10 scale) occurs during Steps 1-3, the athlete should stop and attempt to exerciese the next day. If an athlete experiences concussion-related symptoms during Steps 4-6, they should return to Step 3 to establish full resolution of symptoms with exertion before engaging in at-risk activites. Written determination of readiness to RTS should be provide by HCP before unrestricted RTS as directed by local laws and/or sporting regulations.



Lake Washington High School

Concussion Symptoms

NAME:

SPORT:

DATE OF INJURY

AGE

HR 55%

HR 70%

DATE	DATE	DATE	DATE	DATE	DATE	DATE	DATE	DATE	DATE	DATE	DATE	DATE
HEADACHE												
PRESSURE IN HEAD												
NECK PAIN												
NAUSEA/VOMITING												
DIZZINESS												
BLURRED VISION												
BALANCE PROBLEMS												
SENSITIVE TO LIGHT												
SENSITIVE TO NOISE												
FEELING SLOWED DOWN												
FEELING LIKE "IN A FOG"												
"DON'T FEEL RIGHT"												
DIFFICULTY CONCENTRATING												
DIFFICULTY REMEMBERING												
FATIGUE OR LOW ENERGY												
CONFUSION												
DROWSINESS												
MORE EMOTIONAL												
IRRITABILITY												
SADNESS												
NERVOUS OR ANXIOUS												
TROUBLE FALLING ASLEEP												
TOTAL SYMPTOMS												
OUT OF 220 SCALE												

Rating Scale 0-10 0 = No Symptoms 1 = Mild 5 = Moderate 10 = Severe