

Return to Play Guidelines for Lake Washington School District Interscholastic Sports Program

If any student-athlete is evaluated by a Health Care Provider for any medical condition/physical examinations, regardless if the Parent, Coach or Athletic Trainer initiated it, that student-athlete must provide clearance from that provider.¹ Those licensed to perform physical examinations include a: Medical Doctor (MD), Doctor of Osteopathy (DO), Advanced Registered Nurse Practitioner (ARNP), Physician's Assistant (PA), and Naturopathic Physician.²

This clearance will clear the student-athlete back to the care of the Athletic Trainer who will provide return-to-play clearance to their sport.

The student-athlete must be able to perform the functional duties of their sport and be mentally sound in performing their sport. If the student-athlete has sustained an injury that has prevented them from fully participating for more than several days straight, the school's athlete trainer may require that student-athlete to participate in one full practice before they are eligible to resume game/match play.

The Lystedt Law states: If a student-athlete is suspected in having a concussion, they must be taken out of practice/play immediately and not allowed to return to practice/play until they are seen by a health care professional that is trained in concussion management.

Washington State (lystedt concussion law) acknowledges these five (5) professions as Health Care Providers in assessing and returning to play for student-athletes who are dealing with possible concussions. Those providers are³:

Medical Doctors (MD)

Doctor of Osteopathy (DO)

Advanced Registered Nurse Practitioner (ARNP)

Physicians Assistant (PA)

Certified Athletic Trainers (LAT, ATC)

If a student-athlete is evaluated by an Athletic Trainer for concussion management, and then that student-athlete proceeds to see another health care provider listed above, at that point, previous rules apply and that student-athlete must provide a clearance letter before they can be released back to the care of the Athletic Trainer for their school.

¹ WIAA - Handbook; 17.11.4

² WIAA - Handbook; 17.11.2

³ WIAA - <http://www.wiaa.com/subcontent.aspx?SecID=628>