



# ATHLETIC & ACTIVITIES DEPARTMENT

## RETURN TO PLAY

### MEDICAL CLEARANCE FROM ATHLETIC INJURIES/ILLNESS

Any athlete who is diagnosed with a concussion, illness, or any other physical injury that requires an appointment or treatment by a medical provider must have a licensed health care provider of your choice complete the Kent School District's **Return to Play** form.

Once an athlete sustains an injury/illness which requires medical attention, the athlete will not be allowed to participate until the Kent School District **Return to Play** form has been completed and returned to the coach and building administration. All injuries/illness should be reported to a coach immediately. **Return to Play** forms are available from coaches at every building.

The Kent School District requires that all athletes **diagnosed with a concussion** must also have exertion testing performed prior to full return to play status. These services can be performed by an approved licensed health care provider of your choice (Medical Doctor, Doctor of Osteopathy, Advanced Registered Nurse Practitioner, Physician's Assistant or Licensed Certified Athletic Trainer) trained in the evaluation and management of concussion injury. If the provider of your choice is unfamiliar with the 5-step exertion testing they can refer the injured athlete to ATI Physical Therapy.

Olympic Sport and Spine contracts with the Kent Schools to support our athletics and are able to provide the **concussion return to play assessments**.

For further information and/or questions, please contact your school's Athletic Director or the Kent School District Athletic Department.