



Madera Unified Concussion Summary for Sports

If your child is diagnosed with a concussion, the Return to Play (RTP) protocol involves obtaining three medical notes to ensure a safe and structured recovery process. Each note must be signed and stamped by a Medical Doctor (MD) or Doctor of Osteopathic Medicine (DO).

Key Points and Steps in the RTP Protocol

AB 2127 Compliance:

- California state law (AB 2127), effective from January 1, 2015, mandates that return to full competition must be no sooner than 7 days after a concussion diagnosis by a physician.

Documentation Format

- The recommended format for documentation is the **CIF Physician Letter to School**, ensuring uniformity among healthcare providers.
- Each note must have all sections completely filled out and be signed, dated, and stamped by an MD/DO or clinic.

Medical Notes Required

- **Note #1:** Diagnosis of concussion by MD/DO.
 - If the MD/DO clears the student-athlete for RTP in this note, notes #2 and #3 are not required.
- **Note #2:** Clearance by MD/DO to begin the CIF RTP Protocol.
- **Note #3:** Clearance by MD/DO for contact and unrestricted activity (RTP Stage 3).
 - The student-athlete is not cleared for full competition until after completing Stage 3.

Required Information for Notes

- Injury Status (diagnosed with a concussion or not)
- Academic Status (may return or may not return to school, any accommodations needed)
- Physical Activity Status
- Each note must be signed, dated, and stamped by an MD/DO or clinic.

Medical Visits and Appointments

- Unless otherwise advised by the Athletic Trainer or if symptoms worsen, an Emergency Room visit is not necessary. Urgent care or a call to the primary physician is sufficient.
- If a concussion is diagnosed, schedule a follow-up appointment at least 7 days later to evaluate for Note #2, ensuring the student is 100% symptom-free.
- Schedule another follow-up for Note #3 clearance, ensuring timely evaluation for Stage 3 of the RTP Protocol.

Safety Protocols

- These protocols prioritize the safety and well-being of your child.
- For further information or questions, refer to the documents provided in this packet or reach out to the appropriate contact within the district.

Physical Activity Status (please mark all that apply)

- ☐ This student is not to participate in physical activity of any kind.
- ☐ This student is not to participate in recess or other physical activities except for untimed voluntary walking.

Note #2

- ☐ This student may begin a gradual return to play progression (see CIF Concussion RTP Protocol form).

Note #3

- ☐ This student has medical clearance for unrestricted athletic participation (has completed the CIF Concussion RTP Protocol).

Your child is not to fully return to competition until Stage 3 is completed.