

Dear LFHS Parents & Athletes,

There has been an increasing and significant amount of research into sports-related concussions in high school athletes. The Illinois High School Association (IHSA) has adopted a policy in regards to the education and procedures for concussion management in high schools. Governor Quinn signed HB200 on Thursday July 28, 2011 that goes into effect immediately. In compliance with the IHSA and HB 200, the Lake Forest High School Sports Medicine Staff has established protocol for coaches, parents, and student-athletes to follow in managing head injuries or a possible concussion.

For the purposes of this policy, "The Concussion Information Sheet" needs to be signed and returned by a student athlete and the athlete's parent or guardian **prior to the student athlete's initiating practice or competition**. The policy also requires a student athlete who is suspected of sustaining a concussion or head injury in a practice or game to be removed from competition at that time. The athlete shall not return to play or practice until the athlete is evaluated by and receives written clearance from a licensed health care provider to return to play. Licensed health care providers consist of physicians licensed to practice medicine in all its branches in Illinois and certified athletic trainers working in conjunction with physicians licensed to practice medicine in all its branches in Illinois.

Our ultimate goal is to provide a safe return to activity for all athletes after any injury, particularly after a head injury/concussion. In order to effectively and consistently manage these injuries, procedures have been developed to ensure that student-athletes are identified, evaluated, treated and referred appropriately. In addition, all coaching staff will be given procedures for managing sports-related injuries.

Success of this program is a combined effort involving the physician, athletic trainer, athlete, parent, and coach. We have included a link to many Frequently Asked Questions that can be accessed at http://www.lfhs.org/athletics/trainers/concussion_faq.html a "Fact Sheet for Parents/Athletes" and a "Concussion Information Sheet". **The "Concussion Information Sheet" must be read and signed by both the student-athlete and parent(s) and returned to the athletic office before they will be allowed to tryout or practice.**

Thank you for your cooperation on this important procedure. Please contact us with any questions

Jeff Dooley, MS, ATC, LAT

Jennifer Regan, MS, ATC, LAT Tim Burkhalter

Sports Medicine Staff Athletic Director

847-582-7397 847-582-7700