

Millard West High School Athletic Training

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Dear Millard West Parent/Guardian: *De Kachna*

This letter is to inform you of the new policy changes within Millard West High School and the Millard Public School District in regards to concussion management for athletes. The changes have been made in accordance with the provisions made to the Concussion Awareness Act, specifically Sections 71-9101 to 71-9106 that went into effect August 2014. If your child sustains a concussion or is suspected of sustaining a concussion, the following guidelines will be followed:

1. If your child is at a school sporting event or activity and they are suspected of having a concussion, family will be notified of a possible concussion and encouraged to seek medical confirmation of the concussion.
2. Once your child has been seen by a physician and diagnosed with a concussion, the school Concussion Management Team (CMT) will notify teachers of the concussion and will make any academic adjustments that the physician or CMT feels necessary for the student.
3. Teachers will monitor students with concussions on a daily basis, and the CMT will meet when needed to adjust any accommodations that need to be made for the student.
4. Once the student is symptom free and it is determined by the CMT that academic accommodations are no longer needed, the CMT will need signed permission from parents as well as a medical release from their physician to begin the return to play protocol listed below.
5. Only after students have successfully returned to the classroom without any restrictions, then they may begin the Return to Play protocol administered by the athletic trainer. The Return to Play protocol is a 6-day program designed to ease the athlete back into activity. If the student is an in-season athlete and they are diagnosed with a concussion, they will be required to go through the Return to Play protocol in its entirety, regardless of extent of injury or sport –NO EXCEPTIONS!
6. Once the athlete has successfully completed the Return to Play protocol with the athletic trainer and are asymptomatic, final assessment will be completed by the athletic trainer before returning to full participation.

If you have a child with a concussion or have any questions regarding any of this information, please feel free to get in contact with us and we will gladly help you to better understand this information. You can also find more information on the district website at : <https://www.mpsomaha.org/departments/student-services/student-health> and click on the drop down *Bridging the Gap from Concussion to Classroom*.

The following is an example of the Return to Play protocol that the athletes will complete with the athletic trainer prior to returning to their sport.

Return to Play Activity Progression Protocol

Stage	Functional Exercise	Objective	Date Completed/ATC Initial
1	Walking at 2.5 MPH <u>OR</u> Riding a stationary bike for 25 minutes	Reach 30-40% maximum heart rate	Date _____ Initials _____
2	Jogging for 25 minutes, Sit-ups x 25 Push-ups x 25, Lunge Walks x 25	Reach 40-60% maximum heart rate	Date _____ Initials _____
3	Running for 25 minutes Sit-ups x 50, push-ups x 30, lunge walks x 30 Individual practice drills for 15 minutes (wear helmet if appropriate)	Reach 60-80% maximum heart rate	Date _____ Initials _____
4	Participate in all NON-CONTACT practice drills (not touching another person). Can include warm-ups and practice drills as long as there is no contact Total practice time of 45-60 minutes	Reach 80% maximum heart rate	Date _____ Initials _____
5	Participate in SWAY Participate in full-contact practice. Wear equipment as usual.	Reach full exertion	Date _____ Initials _____
6	Resume full participation in competition	Reach and maintain full exertion.	Date _____ Initials _____

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Both athletic trainers (Jackie and Katie) are nationally certified by the Board of Certification for athletic trainers and licensed by the state of Nebraska. Athletic trainers are healthcare professionals. Athletic training encompasses the prevention, examination, diagnosis, treatment and rehabilitation of emergent, acute or chronic injuries and medical conditions.

-Our typical hours of operation are Monday-Friday from 2:30 until the last event or practice ends. We are also at the school most Saturday mornings during the school year. As a parent you can always contact us via email or phone. If your child wants to contact us, they can stop by the athletic training room during any open hours, email us, or text/call us through the Remind app. The athletic training room code for Remind is @cats95 or search to join the class named: Athletic Trainer.

-You child needs to report all injuries and illnesses to the athletic trainers as soon as possible to ensure the best care possible. Unless it's an emergency, try to have your child see us first. We will evaluate and refer to a physician or specialist if necessary. If your child sees a physician, for any injury or illness, we MUST have a diagnostic doctor note from that visit and we MUST have a doctor (DO, MD, PA, or APRN) note clearing him/her BEFORE he/she will be allowed to return to play. We cannot accept clearance notes from chiropractors or physical therapists. Progress notes on treatments/rehab are most welcomed from any health care professional and are conducive to our team-based approach to care.

-Millard Public Schools has a concussion policy that is compliant with state and federal laws and enforced throughout the entire district. The policy along with other helpful concussion related information can be found within the school website at <https://www.mpsomaha.org/departments/student-services/student-health> under the

"Bridging the Gap from Concussion to Classroom" tab. If your child is suspected of a concussion, they are REQUIRED to see a doctor. It is imperative that your child reports any concussion symptoms to the athletic trainers as soon as possible to activate the concussion management team and to start any accommodations he or she may need. Return to Learn MUST be completed before Return to Play can begin.

-Proper nutrition and adequate sleep will go a long way in keeping your child healthy. We are often asked about energy drinks and supplements. Energy drinks are a central nervous system stimulant that elevates the heart rate. They are NOT regulated by FDA. Energy drinks can be very dangerous and should NEVER be used for hydration or any time before/during activity. Supplements, such as pre-workout, are also not FDA regulated. It is important to read all the ingredients carefully. You and your child should always ask yourselves: Is it safe? Is it legal? Is it effective? Is it tested? Please come to us if your child isn't sure what to use.

-Please keep in mind how busy the Athletic Training Room can become with the many student-athletes we have here at Millard West. Some days we may be able to spend 15-20 minutes with your child, other days we may only be able to talk with them for 1-2 minutes. Please understand that this does not mean we do not care about your student-athlete. Some situations may require a less aggressive treatment to begin the plan of care. If you or your child feels that you did not get adequate attention, please have your child come follow up with us the next day. Parents also feel free to contact us and we will be more than willing to discuss any concerns you may have.

-We do not call parents for every minor injury. We will reach out to you if the injury is significant and your child will be sitting out from practices/games OR if we believe a referral is necessary. However, you are always welcome to reach out to us with any questions, concerns, or if you would like a status update.