

BRAINTREE PUBLIC SCHOOLS

Athletic Department
Braintree High School
128 Town Street
Braintree, MA 02184

Physician Head Injury Notification Letter and Request for Academic Accommodations

Dear Physician,

Your patient _____ sustained a head injury on _____ during an athletic activity with the Braintree Public Schools. In accordance with the new Massachusetts law 105CMR 201.000, we have developed a policy that every student with a possible or diagnosed concussion must be evaluated and cleared by their physician or neurologist before they return to their regular school and sports activities.

As a point of information, prior to each sports season all athletes have a baseline test using the ImPACT program, once an athlete has been baseline tested their test results are good for 2 years.

1. If an athlete experiences a hard fall or hits their head they are immediately removed from play/practice and will not return until seen by the athletic trainer or a medical professional trained in concussion care.
2. Coaches notify the athletic trainer, if not present, and the parents of the injury. Head Injury Notification and Home Instruction handouts are given to the parents.
3. Within 72 hours the athletic trainer will ImPACT test the athlete to assist in the management of the concussion. If the scores are within normal limits as indicated on the test and no other signs or symptoms are present then the Gradual Return-to-Play protocol will begin. If the scores are not within normal limits or there are other signs and symptoms present then the athlete will be referred to their physician for evaluation.
4. Physicians are welcome to request school ImPACT results for their review.

To facilitate the students' return to activities, please indicate the stage of recovery from the list below noting what restrictions are to be placed on academic activities. If there are additional academic restrictions, please make note on the reverse side of page. If there are academic restrictions, please provide a date by which the student will be re-evaluated. This form including possible modifications is based on South Shore Hospitals [HeadSmart a Healthy Transition to Academics and Sports a post-concussion resource for students, parents and school personnel.](#)

Once students are asymptomatic with their academic work, they will be allowed to gradually return to their athletic activities in accordance with the following protocol:

Stages of Recovery (Please check corresponding box)

- Stage Red: Rest, Student typically does not attend school, strict limits on screen time/use of electronics/reading, no sports or rough housing, Rest
- Stage Orange: Attend school half to full days, Rest at home, continue limits on screen time/use of electronics/reading, avoid school bus and heavy backpacks, no tests in school, no sports, band, chorus, PE, Rest

