



### **West Madison Polar Caps Suspected Concussion Parent/Coach Checklist to Complete Before Return to Play**

- Sit the player out if a concussion is suspected. If symptoms persist and they do not return to the game, put the player in concussion protocol.
- Player must be evaluated by healthcare provider with experience in pediatric concussion management. Polar Caps will reimburse family for evaluation if financial assistance is needed.

**IF the player is diagnosed with a concussion, then follow the steps below. If the player is NOT diagnosed with a concussion, please follow the provider's directions, but we do not need to proceed down the concussion protocol as outlined by WAHA.**

#### **Player was DIAGNOSED with a concussion:**

- The player will now be in Concussion protocol and to start the necessary steps with WAHA and the Polar Caps Complete the attached form <https://form.jotform.com/200587181766058> and send a note to Dr. Laura Mendyk via email to [llmendyk@gmail.com](mailto:llmendyk@gmail.com).
- Once player has been evaluated, send written clearance notice from health care provider to Dr. Laura Mendyk via email to [llmendyk@gmail.com](mailto:llmendyk@gmail.com).
- When the player has been cleared to play the attached form needs to be signed by the parent, coach, and healthcare provider. The letter clearing the player to play from the healthcare provider can be used in place of a signature. **Please note that we need a letter from the provider AFTER the patient has completed the return to play process stating that the patient may play without restrictions.** This form along with the signed return to play letter from the healthcare provider is sent to WAHA. [https://cdn1.sportngin.com/attachments/document/9a373119537/WAHA\\_USA\\_Hockey\\_RTP\\_Form\\_as\\_of\\_1-2724.pdf?gl=1\\*panfib\\*ga\\*MTkxNTM5MDAyOC4xNzIzNTUwMjUz\\*ga\\_PQ25JN9PJ8\\*MTczMTk4MzQ0OS40Mi4xLjE3MzE5ODM0NTUuMC4wLjA](https://cdn1.sportngin.com/attachments/document/9a373119537/WAHA_USA_Hockey_RTP_Form_as_of_1-2724.pdf?gl=1*panfib*ga*MTkxNTM5MDAyOC4xNzIzNTUwMjUz*ga_PQ25JN9PJ8*MTczMTk4MzQ0OS40Mi4xLjE3MzE5ODM0NTUuMC4wLjA).
- Dr. Mendyk will then inform **WAHA**, the Polar Caps Board and head coach that Athlete may return to play
- Player must follow Return to Play Protocol as outlined in Wisconsin Amateur Hockey Association Concussion Policy <http://assets.ngin.com/attachments/document/0106/2435/WAHAConcussionPolicy.pdf> For more information, please visit: <http://www.westmadisonpolarcaps.com/page/show/986020concussionawareness>