



Treasure Valley Roller Derby – Return to Participation Medical Release Form

If an athlete sustains a concussion during athletic participation, or sustains an injury and exhibits the signs, symptoms, or behaviors consistent with a concussion, the athlete must be immediately removed from all athletic participation. The athlete may only return to physical activity if/when the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussions and receives the following written clearance to return to sport.

The following athlete has been evaluated and diagnosed with a concussion by a medical professional trained in the evaluation of concussions. Treasure Valley Roller Derby will comply with Idaho’s youth sport concussion legislation regarding return to sport medical clearance for all ages of participants. The state of Idaho recommends that the following steps should be completed under the supervision of a medical professional (MD, DO, PA, Advanced Practice Nurse) who **IS TRAINED IN THE EVALUATION AND MANAGEMENT OF CONCUSSIONS (as outlined in Idaho Code § 33-1625)**. This form must be signed by the above referenced medical professional and returned to the **Risk Management Coordinator: Grace Johnson, risk@tvrderby.com**, in order to return to participation.

Concussion Return-to-Sport Strategy:

In accordance with the Centers for Disease Control and Prevention (CDC), the Return-to-Sport Strategy is a six-step process gradually returning the athlete to normal activities. There is a minimum 24-hour period between each step. If at any time the athlete’s concussion symptoms reoccur, they must return to the previous asymptomatic level and reattempt progression after a further 24-hour period of rest has passed.

Graduated Return-to-Sport (RTS)

An initial period of 24-48 hours of both relative physical rest and cognitive rest is recommended before beginning RTS progression.

- Stage 1 – Symptom limited activity (Daily activities that do not worsen symptoms)
- Stage 2 – Light aerobic exercise (Walking or stationary cycling at slow to medium pace. No resistance training)
- Stage 3 – Sport-specific exercise (Running or skating drills. No head impact activities)
- Stage 4 – Non-contact training drills (Harder training drills, eg, passing drills. May start progressive resistance training)
- Stage 5 – Full-contact practice with MEDICAL CLEARANCE (Participate in normal training activities)
- Stage 6 – Return to sport (Normal game play)

Name of Participant: _____

Roller derby is a full-contact sport with risks similar to hockey, football, or rugby. The Skater must be able to complete all the following skills to be able to participate in full contact.

- One-knee/two-knee falls while skating
- Baseball-type slides
- Jump over an object of at least 3 inches
- Can look left, right, and behind quickly without hindrance
- Giving/receiving pushes
- Give/receive hip and shoulder hits

The participant above has medical clearance for the following:

- | | | |
|----------------------------|-----|----|
| 1. Skate only (no contact) | YES | NO |
| 2. Skate with full contact | YES | NO |

I (treating MD/DO/PA/Advanced Practice Nurse) certify that the aforementioned athlete has completed the above Return to Sport Strategy and is cleared for full contact drills and training, and, **IF ASYMPTOMATIC**, may return to competition on: _____

Signature of Medical Professional:

Name (printed): _____ Signature: _____

Phone: _____ Fax: _____ Today’s Date: _____