

Hello! My name is Chelsea Read and I am the athletic trainer here at Big Rapids High School. I am not able to speak to you in person due to a soccer game scheduled for the same time. There are two things I would like to inform you about:

- 1) Concussion Policy – The concussion policy outlined in our policies and procedures is intended to work in collaboration with the new, stricter policies set forth by the MHSAA. If it is believed that a student athlete may have suffered a concussion s/he will be monitored by me for an appropriate amount of time before a return to play decision is made. If the student's symptoms indicate s/he has a concussion the athlete will be required to be seen by a physician and must have a return to play form completed per MHSAA regulations. The athlete is considered ineligible to play by the MHSAA until the return to play form has been signed by an MD or DO and returned to the athletic office or athletic trainer.

- 2) Doctor's Notes – If your athlete has been removed from play due to illness or injury by a physician, the doctor's note should have a date of return (or specific requirements for return, such as no fever for 24 hours) listed for the athlete. If it does not, the school requires a second note permitting return to play to be delivered to the athletic office or athletic trainer. Always remember to ask your doctor for a note!

I am looking forward to working with your student athletes this spring, and I would like to wish everyone a safe and healthy season!

Sincerely,
Chelsea Read, AT, ATC