

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
 30 Realty Drive, Cheshire, Connecticut 06410
 Telephone (203) 250-1111 / Fax (203) 250-1345

Information Sheet and Entry Form
2011 Boys Tennis Tournament
Sponsored by Wilson

35th ANNUAL TENNIS TOURNAMENT BY CLASSES - AT CLASS SITES - LISTED BELOW

Thursday, June 2, 2011	–	8:30 a.m.	Preliminary Round and First Round
Friday, June 3, 2011	–	8:30 a.m.	Preliminary and First Round Rain Date
Saturday, June 4, 2011	–	TBA	
Sunday, June 5, 2011	–	1:00 p.m.	(Rain Date Only)
Monday, June 6, 2011	–	TBA	
Tuesday, June 7, 2011	–	TBA	
Wednesday, June 8, 2011	–	4:00 p.m.	Finals - Yale University
Thursday, June 9, 2011	–	4:00 p.m.	(Rain Date - Finals)

*** INDIVIDUAL SITE DIRECTORS MAY ALTER SCHEDULE AS APPROPRIATE ***

**** PLEASE NOTE POSSIBLE DATE CONFLICT WITH S.A.T. ON JUNE 4, 2011. ****

The Committee suggests the taking of SAT on an earlier test date than June 4, 2011. **THE ACT TEST IS ON JUNE 11. COACHES MUST NOTE ON THE ENTRY FORM THOSE TAKING THE SAT/ACT OR RISK DEFAULT.**

A. Thirty-sixth Annual Interscholastic Tennis Tournament by Classes:

<u>Classes</u>	<u>Playing Sites</u>	<u>Site Director Home Address/Telephone</u>	<u>School</u>
S (1-407)	Conard High School West Hartford	Gary Meunier Home Telephone (203) 421-4336 / Cell (203) 605-0581 School E-mail: garymeunier@westonk12-ct.org	Weston High School
M (408-590)	Yale University Tennis Center and Hamden High School	Rex Smith School Telephone (860) 828-6577 x 234 / Cell (860) 716-4913 School E-mail: rsmith@berlinschools.org	Berlin High School
L (597-773)	Bristol Eastern High School	Jeff Roets School Telephone (860) 571-8200 / Cell (860) 324-8127 School Email: jroets@wethersfield.k12.ct.us E-mail: jroets@comcast.net	Wethersfield High
LL (774 & over)	Wm. Hall High School W. Hartford and Yale University	Jim Solomon School Telephone (860) 232-4561 x 1018 / Cell (860) 716-7123 E-mail: jfsol@sbcglobal.net School E-mail: jim_solomon@whps.org	Wm. Hall High School

Tournament Director – Jim Solomon

B. FORFEITURE FOR TARDINESS AND COACHES' POOR WEATHER PROCEDURE:

In the absence of extenuating circumstances, players forfeit the match if they are not ready to play at the scheduled time, as determined by the site director. In case of poor weather conditions, the coach has the responsibility of checking the CIAC web site, contacting the proper tournament official, and/or site director.

C. SUPERVISION AND PRINCIPALS' RESPONSIBILITIES FOR BOTH CLASS AND OPEN TOURNAMENTS:

1. Each team must be accompanied and supervised by their head coach or assistant coach or appointed individual. In the event of an unforeseen emergency, the team can be accompanied and supervised by an individual appointed by a school officials.
2. ONLY the team's coach (or appointee) may coach his/her players during the odd-game change-over periods and after split sets.
2. The coach (or appointee) is responsible for supervising the entire team as well as its fans.
3. Contestants must conform to the eligibility rules of the CIAC.
4. **All Qualifiers for the State Open are expected to participate.** "Player of the Year" will be selected from State Open participants.

D. QUALIFICATIONS BASED ON SEASONAL RECORD:

1. ***For S Division*** -- If a team wins at least 50% of its scheduled matches as of Thursday, May 26, 2011 it may send a maximum of nine (9) players, three singles and three doubles, or four singles and two doubles.
2. ***For M, L & LL Divisions*** -- If a team wins at least 50% of its scheduled matches as of Thursday, May 26, 2011 it may send a maximum of ten (10) players, five singles and two doubles or four singles and three doubles.
3. ***For Individuals*** (when the team does not win 50%) --
 - a. If your #1 or #2 singles players or the #1 doubles team wins at least 50% of their scheduled seasonal matches as of May 26, 2011 your school may enter one singles player or one doubles team.
 - b. If any two of your #1, #2, or #3 singles players win at least 50% of their scheduled seasonal matches as of May 26, 2011 your school may enter a maximum of three players in this possible arrangement: two singles players or one singles player and one doubles team.
(OR)
If one of your top two singles players and, in addition, one of your top two doubles teams wins 50% of their scheduled seasonal matches as of May 26, 2011 your school may enter one singles player and one doubles team.
 - c. If all three of your top three singles players or both of your #1 or #2 doubles teams wins at least 50% of their scheduled seasonal matches as of May 26, 2011 your school may enter a maximum of four players in this possible arrangement -- two singles players and one doubles team or two doubles teams, or three singles players.
 - d. Please contact the tournament director for questions about eligibility.

E. **ENTRY LIMITATIONS:**

No entrant may play in both singles and doubles.

F. **FEES, ENTRY FORM AND TEAM RECORD SHEET AND THEIR MAILING:**

1. Your entry form and tennis record sheet must be submitted via the password-protected online eligibility center -- no later than Friday, May 27, 2011 by 12:00 p.m.
2. CIAC Late Entry Policy
 - **No tournament entries will be accepted after the established deadline except those approved by the CIAC Board of Control.**
 - Corrections requested by a school to an entry form that was submitted by the established deadline but prior to seeding/pairing data being published on the web site, will be assessed a fee of \$50 per correction to a maximum of \$250.
 - All requests for corrections must be submitted on a support ticket via the online eligibility center. **No phone request will be considered.**

Tournament Regulations Violations – If a school fails to comply with tournament regulations and such requires the CIAC tournament sports committee, central office staff, or the CIAC Board of Control to redo any portion of the tournament pairings or such non-compliance adversely impacts the management of the tournament, an administrative violation fee of \$500 will be imposed upon the school before entry into the tournament will be allowed.

3. 2011 Boys Tennis Game Results – Match results must be submitted on a weekly basis (scores for all games through Saturday must be entered no later than the following Monday via the password-protected online eligibility center). Regardless of regular season postponed matches, the date of Thursday, May 26, 2011 is the final day to count for the tournament. All match results must be submitted no later than 12:00 p.m. on Friday, May 27, 2011. All matches canceled should be reported on the tournament entry in place of a score. Principals **MUST** file canceled game/forfeit form if match is to be counted.
4. 2011 Boys Tennis Tournament Rosters – Must be submitted via the password-protected online eligibility center by 12:00 Noon, Friday, May 27, 2011. Any request for changes after the initial roster is submitted must be made on a “support ticket” via the online eligibility center.
5. The entry fee will be \$75.00, plus \$10.00 per individual competitor. There is no additional fee for alternates. Make the check payable to the CIAC and mail it to the CIAC office, 30 Realty Drive, Cheshire, CT 06410. If a school needs an invoice in order to pay its tournament fee, one can be downloaded by using the “Generate Tournament Invoice” link under the boys tennis options in the password-protected online eligibility center.
6. **COACHES NOTE!! Please indicate the record of each player and his position on your team on the entry form and team record sheet. Comments concerning outstanding players are also requested. This information WILL HELP in determining seeded players.**
7. Alternates must fill in the spot vacated by the non-participating entries in the class tournament to avoid last minute shifting of line-ups on the draw sheet. **HIS NAME MUST APPEAR ON THE ENTRY FORM.**
8. 2011 Boys Tennis Schedule – Must be submitted via the password-protected online eligibility center. (Final submission due by February 7, 2011) Failure to submit schedule of games may result in disqualification from the tournament. All matches must be reported. Matches not reported may not be considered for tournament qualification. Games cannot be added to schedule after April 6, 2011.

Member schools must make every effort to complete their season as scheduled, including make-up games. Any effort to gain an advantage in tournament play by not playing a game is unacceptable and is subject to action by the CIAC board of control. Cancellation of any regular season contest/make-up to play in a league tournament will not be allowed.

G. PAIRINGS AND LIMITS ON MATCHES PLAYED:

1. **Class draws will be available online (casciac.org) by noon, Wednesday, June 1, 2011.**
2. A participant may not play more than three doubles matches or two singles matches on any given day in the Class Tournaments.
3. The goal of the CAS-CIAC tennis committee is to provide the highest quality post-season tournaments in the fairest possible manner. Although subjective decisions cannot be totally eliminated, they are minimized (see seeding, #b). The following describes the process by which the tournament committee makes the draws for the Boys Class Singles and Doubles tournaments. To avoid conflict of interest and to guarantee fairness, members of the committee help each other in all phases of the draw. A minimum of two (2) members complete the mechanics, and all members take part in the seeding of each draw. The administrative head of the committee as well as the CAS-CIAC liaison are present. Here are the draw procedures:
 - a. Download entry forms from all teams in the division. Count all of the entries to determine the size of the singles and doubles draw, number of seeds and byes. Check the number of entries against the school record to make sure the appropriate number of individual entries are listed. Contact coach if discrepancies exist.
 - b. Determine seeds with input from all members of the committee and from representatives of the leagues in different parts of the state. Consider (in no order): head-to-head results this year, position on team, strength of schedule, overall record, past CIAC tournament performances. Use USTA results as backup information.
 - c. Place seeds in appropriate position on the draw to avoid teammates. Flip a coin when appropriate.
 - d. Separate seeds on the same team into different halves (or quarters, if more than two are seeded) of the the draw.
 - e. Randomly divide all entries from a team into quarters (quadrants). Place the ones and twos of a team in separate halves of the draw. Try to balance each quadrant with all positions (1-5) so that all of the top entries do not appear in one quarter of the draw.
 - f. Feed preliminary matches into seeded positions.
 - g. For each quadrant, randomly draw the rest of the positions and complete the draw. Two individuals must draw the lots to insure fairness and to provide checks and balances.
 - h. Check and re-check for errors, then finalize draw and enter data onto web site.
 - i. Discuss any modifications of the procedures among the tournament committee.

H. TENNIS ATTIRE AND TENNIS BALLS:

1. Appropriate tennis attire is mandatory and is subject to the director's or coordinator's approval.
2. **The CIAC will supply tennis balls FOR THE CLASS TOURNAMENT BUT NOT FOR THE OPEN c/o Wilson Sporting Goods.** A new can will only be available for the third set in the later rounds.

I. TEAM SCORING:

1. In the class tournaments, points for the team score will be awarded for each event (singles and doubles) on the following basis: one point for each match won (including preliminary round). In the case of a bye in the opening or first round, no point shall be awarded unless the player or doubles team wins the next round match and will then be awarded two points. The Preliminary Round is considered a bye for any First Round match that does not involve opponents from the Preliminary Round in a draw that exceeds 64 teams. In this instance the First Round winner earns two points, one for the Preliminary Round "bye" and one for the First Round match. Consult your site or tournament director if necessary.
2. Preliminary Round and First Round matches (Round of 64) will be settled by two out of three sets, with a twelve-point tie-break at 6-6 for each set. A 10 point tie-break in lieu of a third set will be played in these two rounds. After the First Round, all matches will be two out of three sets with a full third set, unless modified by the site director.

J. AWARDS:***For Class Tournaments:***

1. **By Schools** -- In each class, the school that accumulates the highest number of combined points in singles and doubles will receive a winner's award for the school. The school that acquires the next highest number of combined total points will receive the runner-up award. (Total of eight (8) awards).
2. **By Individuals** -- In both singles and doubles, the individual winners and runners-up will merit and receive corresponding medals. (Total of 24 awards)

K. RULES OF CONDUCT, PLAY AND INJURY:

1. The game will be governed by the USTA Code of Conduct, including the point penalty system, with modifications as specified by the CIAC Tennis Committee. In case of any controversy the decision of the site director shall be final. Warm-ups will be a maximum of ten minutes. Up to a ten (10) minute break will be allowed between second and third sets. One 5 minute injury time out is allowed with an equitable and reasonable extension or reduction of the 5 minute injury time determined by the site director.
2. Participants will follow all of the rules in the Class and Open Tournaments of this information sheet and entry form.

C.I.A.C. BOYS TENNIS STATE TOURNAMENT

COACHES CHECKLIST

FINAL SUBMISSION FOR TEAM SCHEDULE DUE VIA THE PASSWORD-PROTECTED ONLINE ELIGIBILITY CENTER WAS WEDNESDAY, FEBRUARY 7, 2011

BEFORE SUBMITTING YOUR ENTRY FORM, PLEASE CHECK THE FOLLOWING INFORMATION.

- 1._____ **SAT CONFLICTS ARE NOTED. FAILURE TO INDICATE SAT PARTICIPATION AS DIRECTED MAY RESULT IN A DEFAULT.**
- 2._____ **Note changes in packet**
- 3._____ WINS AND LOSSES OF SINGLES AND DOUBLES PLAYERS ARE INCLUDED. I HAVE IDENTIFIED KEY WINS OR LOSSES UNDER "COMMENTS".
- 4._____ I HAVE LISTED THE BEST PLAYERS I HAVE SEEN THIS SEASON AND HAVE NOTED OTHER INFORMATION TO HELP WITH THE SEEDING.
- 5._____ PLAYERS' RECORD AND POSITION ON THE TEAM ARE PROPERLY RECORDED.
- 6._____ THE ALTERNATE PLAYERS ARE LISTED.
- 7._____ THE ENTRY FEE OF \$75 PLUS \$10 PER COMPETITOR MAILED TO CIAC OFFICE, 30 Realty Drive, Cheshire, CT 06410
- 8._____ THE COACH OR PRINCIPAL'S DESIGNEE (IN WRITING) WILL ACCOMPANY OUR PARTICIPANTS.
- 9._____ COMMENTS BY THE COACH ARE INCLUDED.
- 10._____ I HAVE FILLED OUT THE "TOURNAMENT FORMAT" QUESTIONNAIRE.

82nd ANNUAL BOYS STATE OPEN TENNIS TOURNAMENT AT HAMDEN HIGH SCHOOL

Saturday, June 11	– 10:00 a.m.	Opening Round, singles (2 rounds) and doubles (one round)
Sunday, June 12	– 1:30 p.m.	Rain date - Opening Rounds
Monday, June 13	– 3:30 p.m.	Semi-finals of single and doubles
Tuesday, June 14	– 3:30 p.m.	Finals; rain date semi-finals
Wednesday, June 15	– 3:30 p.m.	Rain date - Finals

Site Director Rex Smith, Berlin High School, 139 Patterson Way, Berlin, CT 06037
 School telephone (860) 828-6577 (x 234) / Cell (860) 716-4913
 E-mail: Rsmith@berlinschools.org

Tournament Director Jim Solomon, Wm. Hall High School, 975 No Main Street, W. Hartford 06117
 School telephone (860) 232-4561 x 1018; Cell (860) 716-7123
 E-mail: Jim.Solomon@whps.org or jfsol@sbcglobal.net

A. QUALIFICATIONS FOR ENTRY INTO THE STATE OPEN TOURNAMENT

- All contestants must have conformed to the rules of the CIAC Class Tennis Tournaments.
- All singles **semi-finalists** and doubles finalists, in all Class tournaments, qualify for the Open and **are expected to participate**. If a qualifier cannot participate, his coach must inform the tournament officials immediately upon qualifying. The directors will select a substitute.
- The qualifying players' coach or designee must contact the tournament director to confirm the player's participation in the Open.
- In the Open, only the team's coach or his/her designee may coach his/her players during the odd game change over periods and rest periods during the ten minutes of split sets.
- All players must be accompanied by the team coach or school official's designee. The coach/designee is responsible for the conduct of all players and team fans.
- A player must participate in the Open to qualify for the New England Championships and to receive the **Player of the Year** award.

B. THE OPEN FORMAT AND SCORING FOR SINGLE AND DOUBLES:

- Format**
Singles and doubles will consist of a single elimination draw each (16 singles / 8 doubles).
- Scoring**
The round of 16 and quarter-finals will be two out of three sets with a twelve point tie break at 6-6. If the first two sets are split, then a 10 point tie-break may be played instead of the third set to determine the winner. The Director will determine this before the round is played.

The Semi-finals and Finals will be two out of three sets with a twelve point tie-break at 6-6. The tournament director may modify the scoring depending on weather conditions.

- EACH ENTRY MUST BRING A CAN OF WILSON CHAMPIONSHIP BALLS.**

C. AWARDS

For State Open Tournament -- The winners and runners-up in singles and doubles will receive awards. (Six awards)

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, Connecticut 06410

2010-11 BOYS TENNIS TOURNAMENT DIVISIONS

Class LL -- 774 and Over (29)

Bridgeport Central	1091
Cheshire	842
Danbury	1432
East Hartford	955
Fairfield Prep.	921
Glastonbury	1076
Greenwich	1427
Hamden	1045
Manchester	982
Middletown - Xavier	867
New Britain	1481
New Haven - Wilbur Cross	775
New Milford	786
Newtown	861
Norwalk - Brien McMahon	815
Norwich Free Academy	1151
Ridgefield	910
Shelton	832
Simsbury	848
South Windsor	843
Southington	1014
Stamford	886
Stamford - Westhill	1117
Trumbull	1000
West Hartford - Conard	791
West Hartford - Wm. Hall	791
West Haven	774
Westport - Staples	898
Woodbridge - Amity Reg.	844

No Team

Bridgeport - Harding 801

Class L -- 597 - 773 (30)

Bristol Central	725
Bristol Eastern	602
Darien	639
East Lyme	611
Fairfield - Ludlowe	693
Fairfield - Warde	633
Farmington	671
Groton - Fitch	629
Hartford - Bulkeley	730
Hebron - RHAM	599
Madison - Daniel Hand	634
Meriden - Maloney	608
Middletown	672
Monroe - Masuk	670
Naugatuck	730
New Canaan	633
Newington	765
North Haven	619
Norwalk	745
Southbury - Pomperaug	731
Storrs - E.O. Smith	614
Stratford - Bunnell	600
Torrington	618
Waterbury - Crosby	695
Waterbury - Kennedy	677
Waterbury - Wilby	629
West Haven - Notre Dame	637
Wethersfield	597
Wilton	661
Windsor	708

No Team

Bridgeport - Bassick 634
Hartford Public 737

2011 Boys Tennis

Class S -- 1 to 407 (44)Class M -- 408 - 590 (40)

Avon	563
Beacon Falls - Woodland	414
Berlin	512
Bethel	481
Branford	541
Bridgeport - Bullard-Havens	426
Brookfield	508
Burlington - Lewis Mills	434
Colchester - Bacon Academy	509
Danbury - Abbott Tech.	460
East Haven	470
Ellington / Somers *	430
Enfield	428
Enfield - Enrico Fermi	564
Guilford	547
Hartford - Weaver	409
Ledyard	433
Meriden - Platt	526
Meriden - Wilcox Tech.	484
Milford - Foran	492
Milford - Jonathan Law	492
Milford - Platt Tech.	590
Montville	411
New Fairfield	521
New Haven - Hillhouse	502
New London	515
Redding - Joel Barlow	464
Stonington	418
Stratford	457
Suffield	416
Tolland	492
Vernon - Rockville	531
Wallingford - Lyman Hall	522
Wallingford - Sheehan	500
Waterbury - Kaynor	443
Waterford	500
Watertown	504
Windham	468
Wolcott	429
Woodstock Academy	544

No Team

Killingly - Ellis Tech.	420
Manchester - Cheney Tech.	516
Middletown - Vinal Tech.	432
Plainfield	417
Plainville	440
Torrington - Wolcott Tech.	510

Bolton	131
Canton	291
Clinton - Morgan School	287
Cromwell	310
Danbury - Immaculate	186
Deep River - Valley Reg.	312
Durham - Coginchaug	280
East Hampton	282
Fairfield - Notre Dame Catholic	233
Falls Village - Housatonic Valley	258
Granby Memorial	394
Griswold	369
Groton - Grasso/Southeastern	338
Higginum - Haddam-Killingworth	363
Hartford - A.I. Prince Tech.	314
Hartford - Capital Prep.	63
Hartford Classical	165
Killingly	369
Lebanon - Lyman Memorial	242
Litchfield	200
Litchfield - Wamogo	158
Manchester - East Catholic	314
New Britain - Goodwin Tech.	348
New Haven - Career	253
North Branford	336
Old Lyme	215
Old Saybrook	258
Oxford	298
Portland	188
Rocky Hill	398
Stamford - Trinity Catholic	218
Thomaston	178
Trumbull - St. Joseph	390
Uncasville - St. Bernard	173
Washington - Shepaug Valley	180
Waterbury - Holy Cross	397
Waterbury - Sacred Heart	194
West Hartford - N.W. Catholic	313
Westbrook	167
Weston	379
Windsor Locks / East Granby *	305
Winsted - Gilbert School	171
Winsted - N.W. Reg.	380
Woodbury - Nonnewaug	385

No Team

Ansonia	394	Eli Whitney	352
O'Brien Tech	364	Stafford	253
Bloomfield	343	Amistad	78
Kolbe Cath.	142	Hyde	150
St. Paul	163	Wheeler	120
Parish Hill	77	Norwich Tech	281
Coventry	284	Putnam	176
Derby	211	Stamford Ac	72
East Windsor	196	Seymour	340
Hale Ray	182	Terryville	265
SMSA	202	Tourtellotte	182
University	219	Windham Tech	357

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

CONCUSSION MANAGEMENT AND RETURN TO PLAY REQUIREMENTS

“WHEN IN DOUBT – SIT IT OUT”

A concussion is a type of traumatic brain injury or (TBI), “that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost” (Centers for Disease Control and Prevention, 2009).

PART I -- SIGNS AND SYMPTOMS OF A CONCUSSION

– A concussion should be suspected if any one or more of the following signs or symptoms are present, or if the coach/evaluator is unsure.

1. Signs of a concussion may include (what the athlete looks like):

- Confusion / disorientation / irritability
- Trouble resting / getting comfortable
- Lack of concentration
- Slow response / drowsiness
- Incoherent / slurred speech
- Slow / clumsy movements
- Loss of consciousness
- Amnesia / memory problems
- Act silly / combative / aggressive
- Repeatedly ask same questions
- Dazed appearance
- Restless / irritable
- Constant attempts to return to play
- Constant motion
- Disproportionate / inappropriate reactions
- Balance problems

2. Symptoms of a concussion may include (what the athlete reports):

- Headache or dizziness
- Nausea or vomiting
- Blurred or double vision
- Over sensitivity to sound / light / touch
- Ringing in ears
- Feeling foggy or groggy

Note: Public Act No. 10-62 requires that a coach MUST immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who (A) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or (B) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred.

PART II – RETURN TO PARTICIPATION (RTP)

– Currently, it is impossible to accurately predict how long concussions will last. There must be full recovery before someone is allowed to return to participation. Connecticut Law now requires that no athlete may resume participation until they have received written medical clearance from a licensed health care professional (Physician, Physician Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.

Concussion management requirements:

1. No athlete SHALL return to participation (RTP) on the same day of concussion.
2. Any loss of consciousness, vomiting or seizures the athlete MUST be immediately transported to the hospital.
3. Close observation of an athlete MUST continue following a concussion. This should be monitored for an appropriate amount of time following the injury to ensure that there is no escalation of symptoms.
4. Any athlete with signs or symptoms related to a concussion MUST be evaluated from a licensed health care professional (Physician, Physicians Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.
5. The athlete MUST obtain written clearance from one of the licensed health care professionals mentioned above directing them into a well defined RTP stepped protocol similar to one outlined below. If at any time signs or symptoms should return during the RTP progression the athlete should cease activity*.

- After the RTP protocol has been successfully administered (no longer exhibits any signs or symptoms or behaviors consistent with concussions), final written medical clearance is required by one of the licensed health care professionals mentioned above for them to fully return to unrestricted participation in practices and competitions.

Medical Clearance RTP Protocol (Recommended one full day between steps)

Rehabilitation stage	Functional exercise at each stage of rehabilitation	Objective of each stage
1. No activity	Complete physical and cognitive rest until asymptomatic. School may need to be modified.	Recovery
2. Light aerobic activity	Walking, swimming or stationary cycling keeping intensity, <70% of maximal exertion; no resistance training	Increase Heart Rate
3. Sport Specific Exercise	Skating drills in ice hockey, running drills in soccer; no head impact activities	Add Movement
4. Non-contact training drills	Progression to more complex training drills, i.e., passing drills in football and ice hockey; may start progressive resistance training	Exercise, coordination and cognitive load
5. Full Contact Practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff

* If at any time symptoms should return during the RTP progression the athlete should stop activity that day. If the athlete’s symptoms are gone the next day, s/he may resume the RTP progression at the last step completed in which no symptoms were present. If symptoms return and don’t resolve, the athlete should be referred back to their medical provider.

References:

- NFHS. Concussions. 2008 NFHS Sports Medicine Handbook (Third Edition). 2008: 77-82.
<http://www.nfhs.org>
- McCrory, Paul MBBS, PhD; Meeuwisse, Willem MD, PhD; Johnston, Karen MD, PhD; Dvorak, Jiri MD; Aubry, Mark MD; Molloy, Mick MB; Cantu, Robert MA, MD. Consensus Statement on Concussion in Sport 3rd International Conference on Concussion in Sport held in Zurich, November 2008. Clinical Journal of Sport Medicine: May 2009 - Volume 19 - issue 3 - pp 185-200
http://journals.www.com/cjsportsmed/Fulltext/2009/05000/Consensus_Statement_on_Concussion_in_Sport_3rd.1.aspx
- Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports*.
http://www.cdc.gov/NCIPC/tbi/Coaches_Tool_Kit.htm.
- U.S. Department of Health and Human Services Centers for Disease Control and Prevention. *A Fact Sheet for Coaches*. (2009). Retrieved on June 16, 2010. [Http://www.cdc.gov/concussion/pdf/coaches_Engl.pdf](http://www.cdc.gov/concussion/pdf/coaches_Engl.pdf)
- American Academy of Pediatrics - Healthychildren. *Symptom Check: Head Injury*. Retrieved on June 16, 2010. [Http://www.healthychildren.org/english/tips-tools/symptom-checker/pages/Head-Injury.aspx](http://www.healthychildren.org/english/tips-tools/symptom-checker/pages/Head-Injury.aspx)

Resources:

- Centers for Disease Control and Prevention. *Injury Prevention & Control: Traumatic Brain Injury*. Retrieved on June 16, 2010. <http://www.cdc.gov/TraumaticBrainInjury/index.html>
- Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports Guide for Coaches*. Retrieved on June 16, 2010.