



Return to Play Reminders for Team Managers and Coaches

- Follow *ALL* SafeSport recommendations—including *When in Doubt, Sit the Player Out*.
- Obtain all communication in writing.
 - Paper, [Email](#), or Scan are options.
- Communicate thoroughly with RAMS Safety Coordinator Teresa Boyer.
- **Any** concussion triggers the return to play process-- does not have to happen at a RAMS event (game, practice, etc.).
 - Example: Player gets a concussion on the playground.
- Medical Clearance is **REQUIRED** before a player may return to play **from a CONCUSSION**—practice or game.
 - A note from a Doctor is enough documentation.
 - Graduated Return to Play is recommended.
 - If the Doctor's note indicates something along the lines... "If Player is doing well....., s/he may progress to zero restrictions", you must have Parent and/or Doctor permission for player to play **in writing**.
 - [Medical Clearance Return to Play form](#)
- All documentation for a concussion must be kept by RAMS Board until player is 18.
- The doctor can provide a limited release with conditions (which will be followed by the coaching staff).
 - The doctor may have a progressive return to play with final release for full activity on one document. RAMS coaching staff will proceed accordingly.
 - The doctor may provide limited release with conditions, and follow up with final doctor assessment and release on a separate document. RAMS coaching staff will proceed accordingly.
- When a player has a **non-concussion** injury, it is up to parent to determine when the player may return.
- RAMS coaches will not determine when a player is able to return to play nor provide any medical advice.
- RAMS coaches must document every injury-- Who, What, When (date and time), Where, How ([Incident Report](#))
- In **ANY injury situation**, RAMS Coaches have the responsibility to sit a player out if s/he suspects the player is not ready to return to play.

For additional support:

RAMS Safety Coordinator Teresa Boyer taboyer@gmail.com or
616 558 5740

RAMS Registrar Tom Marchlewski tom@accurateequipment.net

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