



24 September 2018

Dear Parents,

Injury Management

This letter contains information about the way we manage injuries, in particular concussions, at school. There are sections on background, management, the required medical assessments, the section that requires your action and some FAQs.

The School has recently engaged the services of Return2Play – a medical consultancy whose injury management system assists us in providing the gold standard level of care to our pupils who sustain injuries on and off the sports field. The system helps us to manage any injury that your child suffers, keeping yourself and any other parties informed at all times, and ensuring that they do not return to sport until they are fit, able and confident to do so. For concussions, it has the added bonus of linking your child with Return2Play’s network of doctors for the two required appointments.

As a school, we recommend that you sign up to the Return2Play system, offered below at a cost of £30. Feedback from those who have previously used it has been overwhelmingly positive.

To sign up to Return2Play, please select the link below and follow the on-screen instructions. Please ensure that you add RGS High Wycombe to your child’s account when prompted to do so.

<https://www.return2play.org.uk/rgshighwycombe/>

The information below pertains specifically to the management of concussions.

Background

The School has adopted the Sport and Recreation Alliance guidelines for the treatment of concussion in education settings. The guidelines are supported by the major sporting governing bodies as well as numerous respected medical groups including the Royal College of Emergency Medicine and the Society of British Neurological Surgeons.

It is a common misconception that concussion is only related to rugby. It is therefore interesting to note that although the most common activity to be concussed in at school is sport, there are many cases of concussion from general activity around a school and in students’ day-to-day lives off the sports pitch.

Unlike most physical injuries, concussion is not always an obvious ailment to diagnose or to assess when cleared, so the guidelines advise a conservative return to activity including a 2-week rest period, followed by the minimum of an 8-day graduated return to activity before a full return 23 days after the concussion. An assessment by a doctor needs to be carried out after the 2-week rest period and again before the full return to activity.

Management

Due to the more complex nature of the concussion management process, we will now be using a 3rd party concussion management system run by the medical consultancy Return2Play. This allows us to add a concussion and then monitor and manage the pupil's return to activity. Notes from the medical appointments are added to the system at each stage and are required to move the pupil through each stage of the recovery. This means that all pupils follow the safe and recommended process. When a concussion is added, or the status is changed, an email is triggered to the pupil's parents as well as to key staff in school.

Medical assessments required to return pupils to activity

The medical assessments required after 2 weeks and before the return to activity on the 23rd day can be provided by your GP, but the majority of parents opt in to a service provided by our medical consultants Return2Play. The annual cost of this service is £30. This subscription provides Medical Membership of Return2Play and covers as many appointments required to return a pupil to activity. Return2Play run Skype clinics every evening of the week and during the holidays, so that parents do not need to miss any work nor pupils to miss any school. It allows easy access to doctors, who are experienced in managing concussions, who understand the concussion return guidelines and have an intimate knowledge of the sports played at the school.

Action

As a school, we recommend and encourage parents to sign up to the Return2Play system. If you choose not to, your child, if injured, will still follow the same pathway, but you will have to arrange medical assessments yourself and provide the School with evidence that these have been undertaken before your child returns to activity.

To sign up to Return2Play, please select the link below and follow the on-screen instructions. Please ensure that you add RGS High Wycombe to your child's account when prompted to do so.

<https://www.return2play.org.uk/rgshighwycombe/>

If, having read the FAQs below, you have any further questions, please do get in touch with me by email.

Yours sincerely,

*Dan Pettifer
Director of Sport
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FAQs

These frequently asked questions have been raised by parents in the past, so may be of interest.

- 1. If my child is concussed out of school, can I log this on the Return2Play system?
Yes, all concussions should be logged irrespective of the venue or whether the activity was school-related or not.
Parents are able to log into the system at <https://www.return2play.org.uk/> and this will automatically advise staff at the school.
Usernames will default to parental email addresses registered with the school, with initial passwords being set on first use.*
- 2. If there is no test for concussion, how do staff diagnose it?
If a pupil is involved with an incident that can cause a concussion, combined with signs and symptoms of concussion then we have a fair suspicion that a concussion is likely. In the case of concussion, suspicion equates to diagnosis.*
- 3. My child seems fine a few days after the suspected concussion. Why can't he return to activity straight away?
The Concussion Guidelines exist as there is no test available to either diagnose or show when a concussion has cleared. For this reason, rest followed by a graduated return to activity is the only safe way to return to activity. The RFU lead the way in concussion education and further information for parents about concussion is available here:
<http://www.englandrugby.com/medical/concussion-awareness/teachers/>*
- 4. My child doesn't play in a rugby team, so is it worth getting medical membership for him?
Although the greatest number of concussions relate to rugby, concussions can be gained in all sports and also in many day-to-day activities around school. All pupils follow the concussion management guidelines irrespective of cause and obtaining medical membership with Return2Play would ensure your child receives the highest possible standard of care should they become concussed.*
- 5. My son is already registered on the Return2Play system through his rugby club. Do we need to register again?
Return2Play is being used by an increasing number of clubs. Only one account is required as information on a pupil's return to activity is shared with all their linked organisations. To ensure this communication occurs, your child must be linked to all their teams.*
- 6. If I don't sign up my child as a Medical Member of Return2Play and he gets concussed, is he able to see the Return2Play doctor for his assessments?
Yes, you can book the assessments via the Return2Play doctor. The cost depends on the specific doctor and is likely to be about £120 plus VAT.*
- 7. Are pupils without medical membership of Return2Play treated differently from those who have it at the time of the concussion incident?
No, all pupils received the same first aid and immediate medical care at the time of any suspected concussion. The Return2Play medical membership covers the medical assessments required to return a pupil to activity rather than the medical care.*
- 8. We have private medical insurance, so why would we need this additional service?
The Return2Play medical membership provides the medical assessments to meet the requirements of the concussion guidelines. These are conveniently done by Skype.*

9. *Will my GP be able to provide the appointments required to return my son to activity?
GPs are able to provide the appointments, although some have indicated that they are not familiar with the return to activity guidelines. They may charge to write the letter or note required by the School to update the system. Some practices are not willing to provide the two appointments required by the guidelines.*
10. *Why is the Medical Membership of Return2Play a benefit?
The appointments take place via Skype. The doctors have experience managing concussions and extensive knowledge of the guidelines and the injury. They will issue the graduated return to activity programme that the School can use. If a doctor has questions about specific school activities, they have direct contact to the school.*
11. *What data do Return2Play receive?
In order to create accounts and to send emails to parents and pupils, parental names and email addresses are sent to Return2Play. The pupil name, email address and date of birth are also sent. If you do not enrol your son as a Medical Member, you will not receive any communication from Return2Play apart from the concussion notification emails, nor will any other data be used.*
12. *How do you ensure that any data sent to Return2Play is secure?
As with all 3rd party providers, we have a data agreement with them that has been scrutinised and approved by our IT Department. Full details of the Return2Play service, as well as terms & conditions and privacy policy, can be found at www.return2play.org.uk.*
13. *How does the Return2Play system work?
The following page shows how the Return2Play system works in full.*

Concussion – Royal Grammar School position statement & Return2Play details

Pupil welfare, both on and off the sports field, is taken extremely seriously and after thorough research into the issue we have a comprehensive policy to ensure that if a pupil sustains a concussion at school, or while representing the School in a fixture, they receive the appropriate management. We meticulously follow cross-sport guidelines on the return to play process after a concussion including the requirement of assessment by a doctor and the undertaking of the Graduated Return to Play process.

While there is good awareness of concussion in sports such as rugby, it is becoming increasingly apparent that they can also occur in other sports and, indeed, outside of sport. In fact, data from the Royal College of Emergency Medicine suggests that children under 12 are more likely to sustain a concussion in the playground than on the sports field. While this hopefully reassures parents that sport is safe, particularly when we manage injuries properly, it also shows that we all need to have some knowledge of the area.

How the Return2Play online system helps provide gold standard care;

1. Live injury register

A live register of all our pupils' current fitness to play sport is accessible to staff. This allows us to ensure that, if injured, a player is not put at risk of being played. The register also allows us to track current injuries and audit previous injuries.

2. Injury Logged

As soon as a player's concussion has been logged onto the system, Return2Play automatically sends out a notification to every team that your child plays for as well as key staff within the school and any additional recipients that you choose to add. Return2Play will also issue you with medical advice regarding warning signs to look out for and explain the recovery guidelines.

3. Two Weeks Rest

The player must first have a mandatory two-week rest period. During this period, the Return2Play system can be used to record symptoms and check a player is making a good recovery. This information is passed on to the doctor, so they have as much information as possible about your child's injury.

4. Medical assessment

You can book an appointment for your child at a local clinic run by one of Return2Play's approved sports-friendly doctors. For maximum convenience there are webcam clinics available in the evenings.

5. Graduated Return To Play (GRTP)

If the doctor is happy, he will approve your child to start the GRTP phase of recovery. During this phase, Return2Play will issue advice on how the player can gradually build up the level of exercise and contact they are exposed to.

6. Final Medical Assessment

Before any player can be declared safe to return to full contact play, they must first be assessed by the doctor again.

7. Return to Sport

If the doctor is satisfied that a full recovery has been made, they will issue a certificate through the system, which is then automatically sent out to everyone who has an interest in

the player, so they can get back playing again, safe in the knowledge that they have received the gold standard level of care.