

**'IOLANI SCHOOL**  
Home Instructions for Athletes with Head Injuries (HIAHI)

Name of athlete: \_\_\_\_\_

Date: \_\_\_\_\_

Dear Parent or Guardian:

Your child may have experienced a head/brain injury during today's practice or game.

The signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. Please refer to [www.cdc.gov/HEADSUP](http://www.cdc.gov/HEADSUP) for more information on the definition of a concussion, signs and symptoms of a concussion and steps to take while dealing with a concussion.

Call your doctor or go to the emergency department if the athlete experiences sudden onset of any of the following: Looks very drowsy/can't be awakened, headaches that worsen, seizures, short/long term memory loss, nausea/vomiting, slow/slurred speech, dazed/confused appearance, balance problems, blurred vision, irritation to light, feeling foggy/slowed down, loss of appetite, increasing confusion/irritability, unusual behavioral change, numbness/weakness and change in state of consciousness.

If your child has been diagnosed with a concussion, a clearance note from their physician must be submitted upon return to school. The Athletic Trainers will work with the school nurses to begin concussion protocol, the first step is for the athlete to take the ImPACT post-concussion test. ImPACT is a neurocognitive assessment evaluation system that measures symptoms, visual and verbal memory and reaction time. The ImPACT test is not a diagnostic tool but objectively assesses an athlete's neurocognitive condition following a concussion, something an MRI or CT scan cannot assess or analyze.

The Athletic Trainers will communicate with the physician and nurses to determine if the athlete is ready to start the Return to play protocol. This collaborative approach offers as safe as possible return to activity for each concussed student-athlete.

Return to full athletic participation and school activity will be based on the following:

- Written clearance by a physician
- Acceptable ImPACT post injury scores
- Successfully completing the Return to Play Protocol

If you have any questions or concerns please email: [athletictrainer@iolani.org](mailto:athletictrainer@iolani.org) or call 808-943-2243.

Charley Gima, ATC  
Athletic Trainer

Louise Tatekawa, ATC  
Athletic Trainer

Garvin Tsuji, ATC  
Athletic Trainer