

CONCUSSION PREVENTION AND INTERVENTION

Statement of Policy

The Peel District School Board recognizes the importance of the health, safety and overall well-being of its students and is committed to taking steps to reduce the risk of injury. *Research demonstrates that a concussion can have a significant impact on a student – cognitively, physically, emotionally and socially.*

The Board recognizes that children and adolescents are among those at greatest risk for concussions and that while there is potential for a concussion any time there is body trauma, the *risk* is greatest during activities where collisions can occur, such as during physical education classes, playground time, or school-based sports activities.

Educators and school staff play a crucial role in the identification of a suspected concussion as well as the ongoing monitoring and management of a student with concussion. Awareness of the signs and symptoms of concussion and knowledge of how to properly manage a diagnosed concussion is critical in a student's recovery and is essential in helping to prevent the student from returning to learning or physical activities too soon and risking further complications. Ultimately, this awareness and knowledge could help contribute to the student's long term health and academic success.

This policy is aligned with and supports the Ministry's Policy/Program Memorandum, No. 158.

Guiding Principles

The aim of the Concussion Prevention and Intervention Policy is to promote student health and safety and to foster healthy and safe environments in which students can learn. It is expected that this will be the joint responsibility of parents, students, school staff and the community. Each principal will communicate the information in the Concussion Guidelines, on a regular basis, in order that administrators, educators, school staff, students, parents and school volunteers:

- Understand their roles and responsibilities (a concussion can only be diagnosed by a medical professional).
- Understand the seriousness of a concussion, its causes, signs and symptoms.
- Implement strategies for preventing and minimizing the risk of sustaining concussions.
- Respond appropriately to a suspected concussion.
- Follow management procedures for a diagnosed concussion, including a plan to return to learn/return to physical activity.
- Incorporate resource materials where appropriate.

Concussion Guidelines

The concussion guidelines provide the operational procedures for implementing the policy and will be reviewed on a regular basis as new information becomes available.

These guidelines include:

1. The definition of a concussion from PPM No. 158.
2. Awareness of the common signs and symptoms of a concussion, adapted from the OPHEA Safety Guidelines.
3. Educational strategies for the prevention of concussions.
4. An outline of the responsibilities of the principal, school staff, parents/guardians and students.
5. The initial response for a conscious/unconscious student.
6. Documentation to be provided to, and requested from parents, when a concussion is suspected.
7. Steps to managing a diagnosed concussion.
8. Recommended accommodations for students with a variety of symptoms.
9. Resources to be used for training and education.