



REGULATIONS

SUBJECT: Concussion Protocol

Overview

All partners in education, including the Ministry of Education, other Ontario ministries, school boards, administrators, educators, school staff, students, parents, school volunteers, and community-based organizations, have important roles to play in promoting student health and safety and in fostering and maintaining healthy and safe environments in which students can learn. Research shows that a concussion can have a significant impact on an individual – cognitively, physically, emotionally and/or socially. School staff, board staff, or volunteers cannot make a concussion diagnosis, but must advise students who are suspected of having sustained a concussion and their parents to seek a medical assessment by a physician or nurse practitioner.

A concussion is defined as follows:

- a brain injury that causes changes in the way in which the brain functions and that can lead to symptoms that can be physical (e.g., headache, dizziness), cognitive (e.g., difficulty in concentrating or remembering), emotional/behavioural (e.g., depression, irritability), and/or related to sleep (e.g., drowsiness, difficulty in falling asleep).
- may be caused either by a direct blow to the head, face, or neck or by a blow to the body that transmits a force to the head that causes the brain to move rapidly within the skull.
- can occur even if there has been no loss of consciousness (in fact most concussions occur without a loss of consciousness).
- cannot normally be seen by means of medical imaging tests, such as X-ray standard computed tomography (CT) scans, or magnetic resonance imaging (MRI) scans.

It is very important to students' long-term health and academic success that individuals in schools have information on appropriate strategies to minimized risk of concussion, steps to follow if they suspect that a student may have a concussion, and effective management procedures to guide students' return to learning and physical activity after a diagnosed concussion.

Role of the Lambton Kent District School Board

1. The Board will implement and maintain a Concussion Protocol that includes awareness and prevention strategies, a process for identification of a suspected concussion a return to school plan for students diagnosed with a concussion and a concussion tracking process.
2. The Board will provide annual concussion awareness training for staff, coaches, volunteers, parents/guardians and students on the concussion prevention and management strategies.

Role of the Principal

1. The Principal will ensure that concussion awareness training is completed annually by staff and coaches.
2. The principal will ensure the concussion prevention strategies are adopted by school staff, coaches, students and parent/guardians.
3. The principal will inform school staff of a student with a suspected/confirmed concussion.
4. The principal will ensure that all components of the concussion return to school plan are completed and implemented.
5. The principal will ensure that a student's progress from removal of an activity, to the return to learning and physical activity is documented using the LKDSB Concussion Tracking Tool.

Role of Activity Supervisors

1. Activity supervisors are those individuals, including non-LKDSB employees, who are in direct contact with students on a regular basis (examples include coaches, teachers, intra-mural supervisors, etc.).
2. Activity supervisors will complete annual concussion awareness training.
3. Activity supervisors will maintain a safe learning environment and encourage fair play and respect for all.
4. Activity supervisors will review concussion prevention strategies for their specific sport or activity.
5. In the event of a suspected concussion, activity supervisors will begin the Concussion Protocol (see the Concussion Protocol section at www.lkdsb.net).
6. In the event of a confirmed concussion, activity supervisors will follow the Return to Learn and Return to Physical Activity plans (see Resources in the Concussion Protocol section at www.lkdsb.net).

Role of LKDSB Staff

1. Staff will complete annual concussion awareness training.
2. Staff will maintain a safe learning environment and encouraging fair play and respect for all.
3. Staff who witness an incident of suspected concussion will report the incident to administration and support the completion of Form C-2a – Tool to Identify a Suspected Concussion.
4. Staff will follow the Return to Learn and Return to Physical Activity plans.

Role of Students

1. Students will review concussion awareness and prevention strategies as provided.
2. Students will abide by the rules and regulations of activities they are involved in and will abide by the principles of fair play and respect for all.
3. Students will inform LKDSB staff or activity supervisors of any suspected or confirmed head injury.
4. Students who become aware of a peer who is experiencing signs or symptoms of a concussion will report this to an activity supervisor or LKDSB staff member.
5. Students will honestly monitor their symptoms and report any recurrence of such to avoid Second Impact Syndrome.
6. Students with confirmed concussions will follow the return to school plan created in collaboration with the student, parent/guardian and school.

Role of Parents/Guardians

1. Parents/guardians will put the health and safety of their child first.
2. Parents/guardians will review concussion awareness and prevention strategies regularly (see the Concussion Protocol section at www.lkdsb.net).
3. Parents/guardians will follow the Concussion Protocol for any suspected concussion.
4. Parents/guardians will ensure that the proper documentation is completed and returned to the school by the parent/guardian, doctors and/or nurse practitioners.
5. Parents/guardians will notify the school if their child sustains a concussion outside of school because the Concussion Protocol must still be initiated in this event.

Implementation Date:

March 31, 2015

Revised:

February 11, 2020

Reference:

Ministry of Education Policy/Program Memorandum
No. 158, School Board Policies on Concussion
Ophea - Ontario Physical Activity Safety Standards in Education