



POLICY 310: CONCUSSION AWARENESS, PREVENTION AND MANAGEMENT

ADMINISTRATIVE PROCEDURES

Recognize & Respond	Manage	Prevent
<i>Scope & Definition</i>		
<p><i>While there is no way to know for certain whether a particular event will lead to a concussion, recognizing the signs and symptoms is essential to being able to detect when a concussion may have occurred. This is a shared responsibility between the school and the home.</i></p> <p><i>When a concussion is suspected, it is important to respond properly by following recommended steps (below):</i></p>	<p><i>Proper concussion management is an essential, shared responsibility requiring communication and action among stakeholders from home, school and the community (i.e. licensed health care provider or coach). It involves recommendations for supporting a student’s RETURN TO LEARNING & SCHOOL (RTL) and RETURN TO PLAY (RTP):</i></p>	<p><i>Strategies aimed at preventing concussion generally include the implementation of policy and practices to protect students. Prevention also includes education, such as fostering awareness of the causes, signs and symptoms of concussion, and managing injuries when they occur.</i></p>
<i>Procedures</i>		
<p>When a potential concussion-causing event occurs: IMMEDIATELY remove the student from activity and check for ‘RED FLAG’ symptoms that could signal an emergency:</p> <div style="text-align: center;">  <p>RED FLAGS</p> </div> <p>If RED FLAGS are present -- CALL 911 or seek emergency medical care</p> <p>>TOOL for Identifying RED FLAGS: https://cattonline.com/wp-content/uploads/2023/01/CATT-Poster-Concussion-Pathway-for-Neurodivergent-Students-V3-2022-11x17-WEB-1.pdf</p> <div style="text-align: center;">  </div> <p>If no RED FLAGS are present . . . Transition student to adult supervised area for continued observation; seek assistance and supports for next steps in the process:</p>	<p>Supporting a student’s Return to School following a concussion begins by: 1) recording basic injury-related details, 2) identifying members of the student’s support team, and 3) developing a plan for moving forward. This should be done within 48 hours of the incident that resulted in concussion:</p> <p>>TOOL Guiding a Return to Learning & School: https://cattonline.com/wp-content/uploads/2017/10/CATT-Student-Return-to-Learn-Plan-V3-Sep-2019.pdf</p> <p>Medical Assessment (used to document concussion diagnosis by licensed health care provider): https://parachute.ca/wp-content/uploads/2019/09/Medical-Assessment-Letter.pdf</p>	<p>Becoming concussion aware:</p> <p>KEY RESOURCES: Concussion Awareness Training Tool (CATT) http://cattonline.com</p> <p>CATT Elements of Concussion Prevention https://cattonline.com/how-to-prevent-concussion-and-support-a-students-return-to-school/</p> <p>Elementary Teachers/Curriculum: KEY RESOURCE: OPHEA, Prevention Teaching Tool https://files.ontario.ca/mtcs-rowans-law-booklet-ages-10-and-under-en-2019-05.pdf</p>

>TOOL for Recognizing Signs and Symptoms:

<https://cattonline.com/wp-content/uploads/2023/01/CATT-Poster-Concussion-Pathway-for-Neurodivergent-Students-V3-2022-11x17-WEB-1.pdf>

IMPORTANT:

- do not leave student alone; no return to activity/play
- monitor student for emerging *Red Flags*

- notify an emergency contact person
- student must not drive, ride bike or leave alone
- do not give the student medication

If concussion signs/symptoms present . . .

Recommend student seek medical attention from a licensed health care provider

>TOOL for Reporting Concussion Incident:

<https://cattonline.com/wp-content/uploads/2017/10/CATT-Concussion-Incident-Report-V4-May-2019.pdf>



If no signs/symptoms present . . .

Monitor; for some individuals concussion signs/symptoms can take 48 hours to emerge.

Supporting a student’s **Return to Play/Sport** following a concussion is a shared responsibility. Typically, a full and complete return to school is required *before* a return to play/sport is permitted.

>TOOL Guiding a Return to Sport & Activity:

<https://cattonline.com/wp-content/uploads/2017/10/CATT-Return-to-Sport-V11.pdf>

Medical Clearance (*may be used by licensed health professional to medically clear student for play*):

<https://parachute.ca/wp-content/uploads/2019/06/Medical-Clearance-Letter.pdf>

Note: Timelines and activities may vary by direction of a health care professional.

For some students, concussion symptoms may persist for weeks, months or even years and may necessitate referral to the school-based resource team or community-based professionals/agencies. Risk factors for prolonged recovery experiences include:

- age
- pre-existing learning, attention and mental health disorders
- history of concussion
- history of migraine headaches
- socio-economic disadvantage

Secondary Teachers/Curriculum:

KEY RESOURCE:

OPHEA, Prevention Teaching Tool

<https://files.ontario.ca/mtcs-rowans-law-booklet-ages-15-and-up-en-2019-05.pdf>

CONCUSSION RESOURCES:

Concussion Awareness Training Tool (CATT)

<https://cattonline.com/>

CATT Concussion Information Package for School Professionals

<https://cattonline.com/concussion-information-package-for-school-professionals-pdf/>

CATT Concussion Information Package for Parents/Caregivers

<https://cattonline.com/concussion-information-package-for-parents-caregivers/>

CATT Concussion Information Package for Students & Athletes

<https://cattonline.com/wp-content/uploads/2021/04/Concussion-Resources-for-Athletes-CATT-V6-2022.pdf>