Concussion Protocol form to be completed by parents/guardians

(This form would be completed on enrolment into school)

Definition of concussion:
A concussion is a brain injury that:

- ✓ Is caused by a bump, blow, or jolt to the head or body
- ✓ Can change the way your brain normally works
- ✓ Can occur during practices or games in any sport or recreational activity
- ✓ Can happen even if you have not been knocked out.

Prevention of concussion in sport related activities:
Although the risk of a concussion is present with certain types of sports the following suggestions are offered to help minimise the risk:

- ✓ By using the proper sports equipment, including personal protective equipment. In order for equipment to protect you, it must be:
  - The right equipment for the game, position, or activity
  - Worn correctly and the correct size and fit
  - Used every time you play or practice
- ✓ By following the rules for safety and the rules of the activity as outlined by a teacher or coach
- ✓ By educating staff, students and parents (the signs and symptoms of concussion, how concussions may occur, management of the injury and the protocol for return to school and return to activity)
- ✓ By having adequate and experienced supervision in place for the activity
- ✓ By encouraging and practicing good sportsmanship at all times

Signs and symptoms of a concussion:
The signs and symptoms of concussion may include but are not limited to: loss of consciousness, seizure or convulsion, balance problems, nausea (feeling sick) or vomiting, drowsiness, student is more emotional, irritability, sadness, fatigue or low energy, student becomes more nervous or anxious, confusion, don't feel right", headache, dizziness, feeling slowed down, "pressure in head", blurred vision, sensitivity to light, amnesia, feeling like "in a fog ".

Possibly strategies to help a student to transition into school after a concussion:
Students transitioning into school after a concussion might need academic accommodations to allow for sufficient cognitive rest. These include, but are not necessarily limited to: shorter school day; rest periods; extended time for tests and assignments; copies of notes; receive help with schoolwork; alternative assignments; minimizing distractions; permitting student to audiotape classes; peer note takers; providing assignments in writing; refocusing the student by using verbal and nonverbal clues; reducing time spent on the computer, reading, and writing; being allowed to leave class earlier to avoid crowded hallways (especially if students move from classroom to classroom).

Treatment of concussion:
All concussions are serious. The treatment for concussion is cognitive rest. Most people with a concussion get better, but it is important to give your brain time to heal. A concussion can affect a student's ability to do schoolwork and other activities (such as studying, driving or exercising). Students should limit external stimulation such as watching television, playing video games, sending text messages, use of computers and bright lights.
The signs and symptoms of concussion usually start at the time of the injury but the onset of these may be delayed for up to 24–48 hours. Parents/guardians, family members and friends should be aware of the signs and symptoms of a concussed student. If a student has **any one** of the signs and symptoms, they should be immediately removed from whatever activity they are involved with should be medically assessed as soon as possible. The student should be placed in the care of a responsible adult, who is advised of the student's suspected concussion. The student must also not partake in any sporting activity until they have completed a graduated return to play (GRTP) protocol.

Any student with a suspected concussion **should be** medically assessed.

A student suffering from a suspected concussion **must not** be left alone and **must not** drive a vehicle.

Return to Play:

*Any student who sustains, or is suspected of having sustained a concussion must have **a mandatory rest period of two weeks** before starting a gradual return to play. The Graduated Return to Play (GRTP) of a student following a concussion will be undertaken on an individual basis with the full cooperation of the student and his parents/guardians.*

***Students** may not return to play until:*

1) *The mandatory 2 week rest period has been completed*
2) *All their symptoms have subsided*
3) *They have been medically cleared to return using established medical protocols. The treating physician must also provide a written statement indicating, in the physician's professional judgement, that it is safe for the student to return to play*
4) *A copy of a signed return to play protocol form has been received by the School Authorities*
5) *They have followed the GRTP protocol in line with the recommendations of the relevant sporting body*

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Parent /Guardian **School Authority** **Date:**