POLICY:	CONCUSSIONS	#	1015
SECTION:	1000 : SAFETY	**PAGE**	1 of 4

APPROVAL/REVISION DATE: January 8, 2023	**EFFECTIVE DATE:** January 10, 2023	**REVIEW DATE:** January 8, 2028

CROSS REFERENCE:
OPHEA Guidelines
Policy#503 Elementary Interschool Athletic
Program Policy 1001: Risk Management and Safety
Policy 1004# Student Accidents and Illness
Policy 1011# Use of Volunteers
PPM 158

1. RATIONALE

1.1 Thunder Bay Catholic District School Board is committed to promoting awareness of safety in schools and recognizes that the health and safety of students are essential preconditions for effective learning and participation in physical activity.

1.2 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. The Board shall support students suspected or diagnosed with concussions using the concussion administrative procedures including the “Return to Learn” and “Return to Play” plans.

1.3 It is the policy of the Thunder Bay Catholic District School Board to ensure the provision of minimized risk in elementary and secondary schools and to provide a safe environment that takes steps to reduce the risk of injury and promotes the overall wellbeing of students.

1.4 Concussions can have a serious effect on a young, developing brain. Proper prevention, recognition and response to concussion in the school environment can prevent further injury and can help with recovery.

1.5 Children and adolescents are among those at risk for concussions due to body trauma at any time. Although falls and motor vehicle accidents are the leading causes of concussion, there is a heightened risk due to concussion during physical activity including but not limited to physical education classes, playground time, or sports activities.

2. DEFINITION

2.1 Concussion is the term for a clinical diagnosis that is made by a medical doctor or a nurse practitioner. The definition of concussion given below is an adapter from the definition provided in the concussion protocol in the Ontario Physical Education (OPHEA) Guidelines.

A concussion:

- 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);
- A concussion 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;
- A concussion can occur even if there has been no loss of consciousness (in fact most concussions occur without a loss of consciousness); and/or
- A concussion cannot normally be seen by means of medical imaging tests, such as X- rays, standard computed tomography (CT) scans, or magnetic resonance imaging (MRI) scans.

3. INFORMATION

3.1 A concussion can have a significant impact on a student – cognitively, physically, emotionally, and socially. It is very important to students' long-term health and academic success that individuals in schools have information on appropriate strategies to minimize 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.

3.2 In accordance with Policy Program Memorandum (PPM) 158 (School Board Policies on Concussion), Thunder Bay Catholic District School Board shall implement concussion management strategies. These strategies must include: awareness initiatives, prevention strategies, identification of concussion process, diagnosed concussion management, and training.

POLICY:	CONCUSSIONS			**#**	1015
SECTION:	1000 : SAFETY			**PAGE**	3 of 4
APPROVAL/REVISION DATE:	January 8, 2023	**EFFECTIVE DATE:**	January 10, 2023	**REVIEW DATE:**	January 8, 2028
CROSS REFERENCE:	OPHEA Guidelines Policy#503 Elementary Interschool Athletic Program Policy 1001: Risk Management and Safety Policy 1004# Student Accidents and Illness Policy 1011# Use of Volunteers PPM 158				

4. POLICY

4.1 To address the risk of concussions and to prevent and identify the signs and symptoms of concussion, the Board is committed to increasing awareness for all students, staff, parents, volunteers, and health care practitioners to support the proper prevention and management of concussions.

4.2 The Board shall implement a concussion administrative procedure. This procedure includes guidelines for educating staff, students, parents and volunteers on the risks, signs and symptoms of concussions.

4.3 The Superintendent shall:

- Review the Concussion Administrative Procedure to ensure guidelines align with current best practice recommendations and, OPHEA concussion guidelines
- Ensure concussion education is made available to all school personnel and volunteers
- Implement concussion awareness and education strategies for students and their parents/guardians
- Provide support to schools and staff in the compliance of the “Return to Learn” and “Return to Play” guidelines and concussion administrative procedures
- Ensure all board staff and volunteers involved in physical activity and supervision (including but not limited to: lunch supervision, curricular, interschool, and intramural physical activity, before and after school care) are trained in this policy
- This policy is shared with the school community, including organizations that use the school facilities, such as community sports organizations and licensed child-care providers operating in schools of the Board
- Ensure each elementary and secondary school implements the “Return to Learn” and “Return to Play” plans

4.4 The Principal shall:

- Implement the concussion administrative procedure
- Ensure staff, volunteers, parents/guardians, and students are aware of the concussion administrative procedure and understand their roles and

responsibilities

- Arrange for concussion training for staff and volunteers, and repeat as necessary
- Share concussion information with students and their parents/guardians
- Ensure OPHEA safety guidelines are being followed
- Work with students, parents/guardians, staff, volunteers, and health professionals to support concussed students with their recovery and academic success
- Ensure concussion information is readily available to all school staff and volunteers
- Ensure that all incidents are recorded, reported and filed as required by this administrative procedure, as appropriate, and with an OSBIE incident report form

4.5 School Staff and Volunteers shall:

- Understand and follow the concussion policy and administrative procedures.
- Complete concussion training
- Ensure that all information and consent forms are distributed, completed and signed by parent/guardian/ student prior to student participation in a sport
- Ensure age-appropriate concussion education, including prevention, is included for all students participating in activities that could result in a concussion
- Follow current OPHEA safety guidelines, implement risk management and injury prevention strategies to minimize the chance of concussion

4.6 Students shall:

- Learn about concussions, including prevention strategies, signs and symptoms, concussion management and student roles and responsibilities, throughout applicable curriculum
- Immediately inform school staff of suspected or diagnosed concussions occurring during or outside of school
- Inform school staff if you experience any concussion related symptoms (immediate, delayed or reoccurring)
- Communicate concerns and challenges during recovery process with staff concussion liaison, school staff, parents/guardians, and health care providers
- Follow concussion management strategies as per medical doctor/nurse practitioner direction and “Return to Learn” and “Return to Play” plans