

# CONCUSSION PROTOCOL:

## A Brief for Teachers, Coaches and Supervisors



### PREVENTION

#### Prior to commencing sport season/physical activity unit:

- Complete e-Learning module for Concussions on the DDSB Professional Learning Hub.
- Complete the Concussion Code of Conduct for Coaches, Supervisors and Trainers (Appendix A9).
- Ensure that all students, parents/guardians of students under 18, coaches, trainers and supervisors involved in board-sponsored interschool sports annual review the Concussion Code of Conduct (Appendix A8 and Appendix A9).
- Review and follow the safe practices for sport outline in the Ontario Physical Activity Safety Standards in Education (OPASSE).

#### Prior to commencing sport season/physical activity unit:

- For interschool sports-Provide and receive back Concussion Code of Conduct for Parents/Guardians and Students (Appendix A8) Note: provide prior to the start of try-outs.
- Document safety lessons (date, brief content, attendance).

### IDENTIFICATION

#### Red Flags Present\*

- Stop all activity and call 911 immediately. Notify Administrator(s) and monitor the student until medical help arrives.

#### For all diagnosed or suspected concussions:

- Remove the student from the activity for 24 hours.
- Continue to observe and monitor the student using the Suspected Concussion Identification Tool (Appendix A1). Note: If signs/symptoms worsen, or any red flags emerge, call 911 immediately.
- Contact parent/guardian. Provide with results of Quick Memory Function Test (Appendix A2), a copy of the Medical Assessment and Monitoring form (Appendix A2), and the Letter of Accommodation (Appendix A3). Inform Administrator.

#### \* RED FLAGS:

- Loss of consciousness
- Neck pain or tenderness
- Double vision
- Seizure or convulsion
- Severe or worsening headache
- Weakness or tingling/burning in arms or legs
- Deteriorating state of consciousness
- Vomiting or nausea
- Increasingly restless, agitated or combative
- Drowsiness

### MANAGEMENT

- Review and follow the strategies for the Return to School and Return to Physical Activity Plan that has been outlined for the Student.
- For clarification/assistance, consult with the Collaborative Team Lead and/or Administrator.

**This brief is intended a summary only. For complete information, please refer to the DDSB Concussion Resource Manual.**