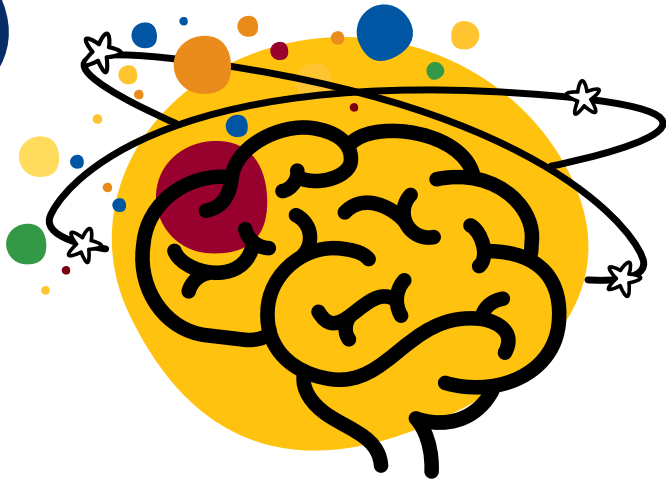




CONCUSSION AWARENESS

WHAT IS A CONCUSSION?

- A concussion is a brain injury that causes changes in the way in which the brain functions
- A concussion can be caused by a direct blow to the head, face or neck or a blow to the body that transmits a force that causes the brain to move rapidly within the skull
- Concussions can occur even if there has been **NO** loss of consciousness
- Symptoms may appear hours after a concussion

ALL CONCUSSIONS ARE SERIOUS— KNOW THE SIGNS

* RED FLAGS

CALL 911 IMMEDIATELY IF THE SIGNS OR SYMPTOMS WORSEN OR THE PERSON HAS:

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

CONCUSSION SIGNS/SYMPTOMS

If signs/symptoms are observed immediately notify Administrator/Supervisor

PHYSICAL	EMOTIONAL	COGNITIVE
• Headache • Nausea/vomiting • Loss of consciousness • Dizziness/balance issue • Fatigue or feeling tired • Sensitivity to light/noise • Blurry or double vision • Pressure in head	• Behavioural or personality change • Sad • More emotional • Anxious • Irritable • Feeling depressed • Difficulty sleeping • Just not “feeling right”	• Memory loss • Difficulty concentrating • Confused/disoriented • Feeling dazed • Slowed reaction time • Slow or slurred speech

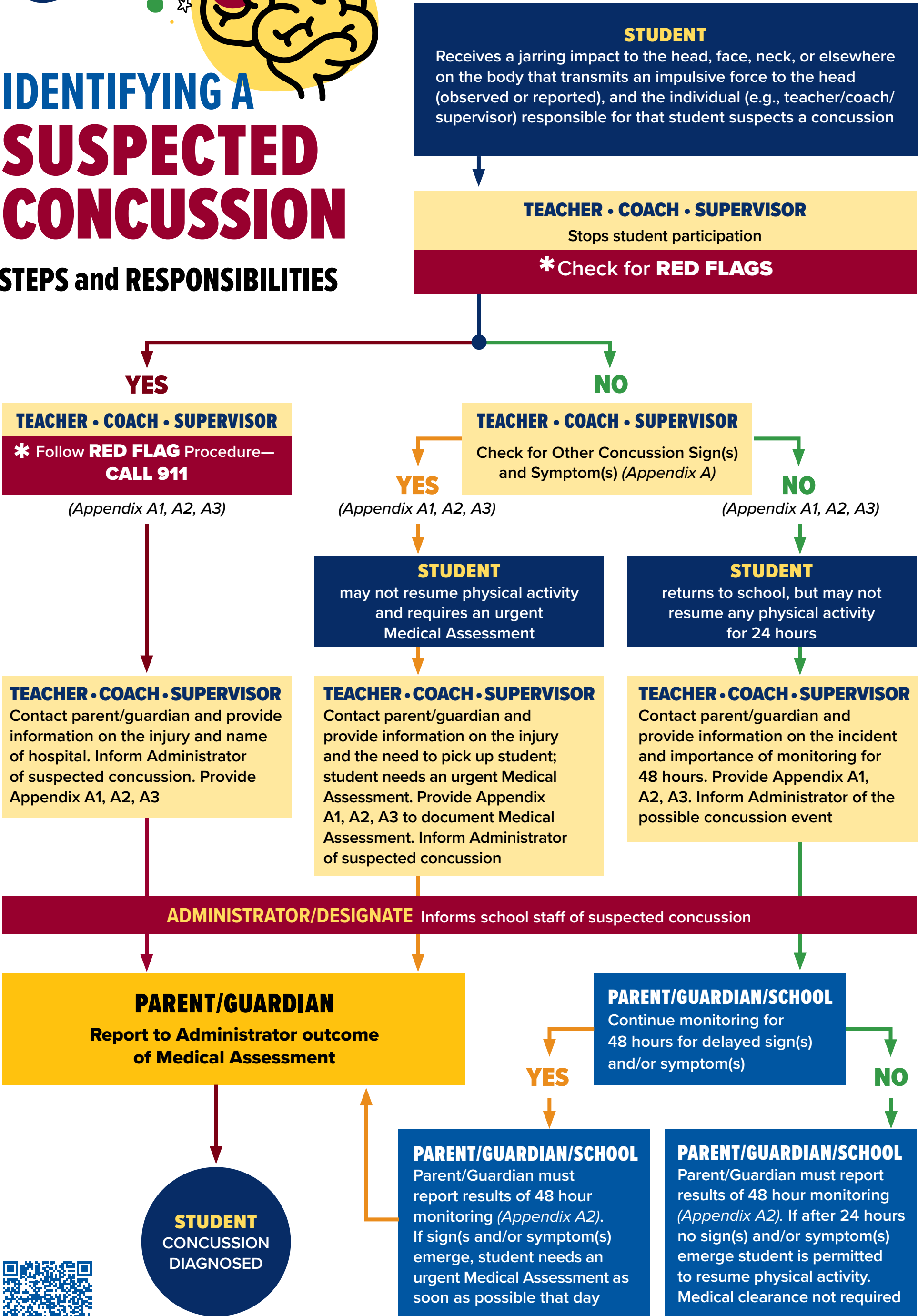
SAFETY IS EVERYONE’S RESPONSIBILITY





IDENTIFYING A SUSPECTED CONCUSSION

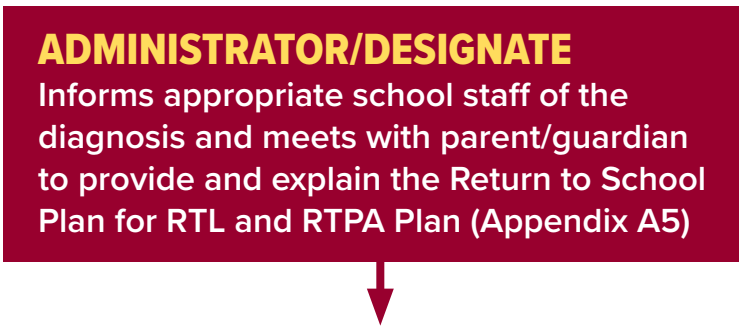
STEPS and RESPONSIBILITIES





MANAGING A DIAGNOSED CONCUSSION

STEPS and RESPONSIBILITIES



RETURN TO SCHOOL PLAN

Student begins the Return to School Plan – Return to Learn (RTL) and Return to Physical Activity (RTPA) Plan (Appendix A5 and A7).
Student must remain in each stage for a minimum of 24 hours.

At each stage student is monitored for return of symptoms, new and worsening symptoms. At the completion of each stage student progress is documented using Appendix A7 with results shared between school and home.

During RTL and RTPA Stages 1-3, if symptoms return or worsen for more than an hour or they cannot be tolerated, then:

- Return to Learn (RTL): student should take a break and activities be adapted
- Return to Physical Activity (RTPA): Student should stop activity and try again the next day at the same stage

STAGE 1

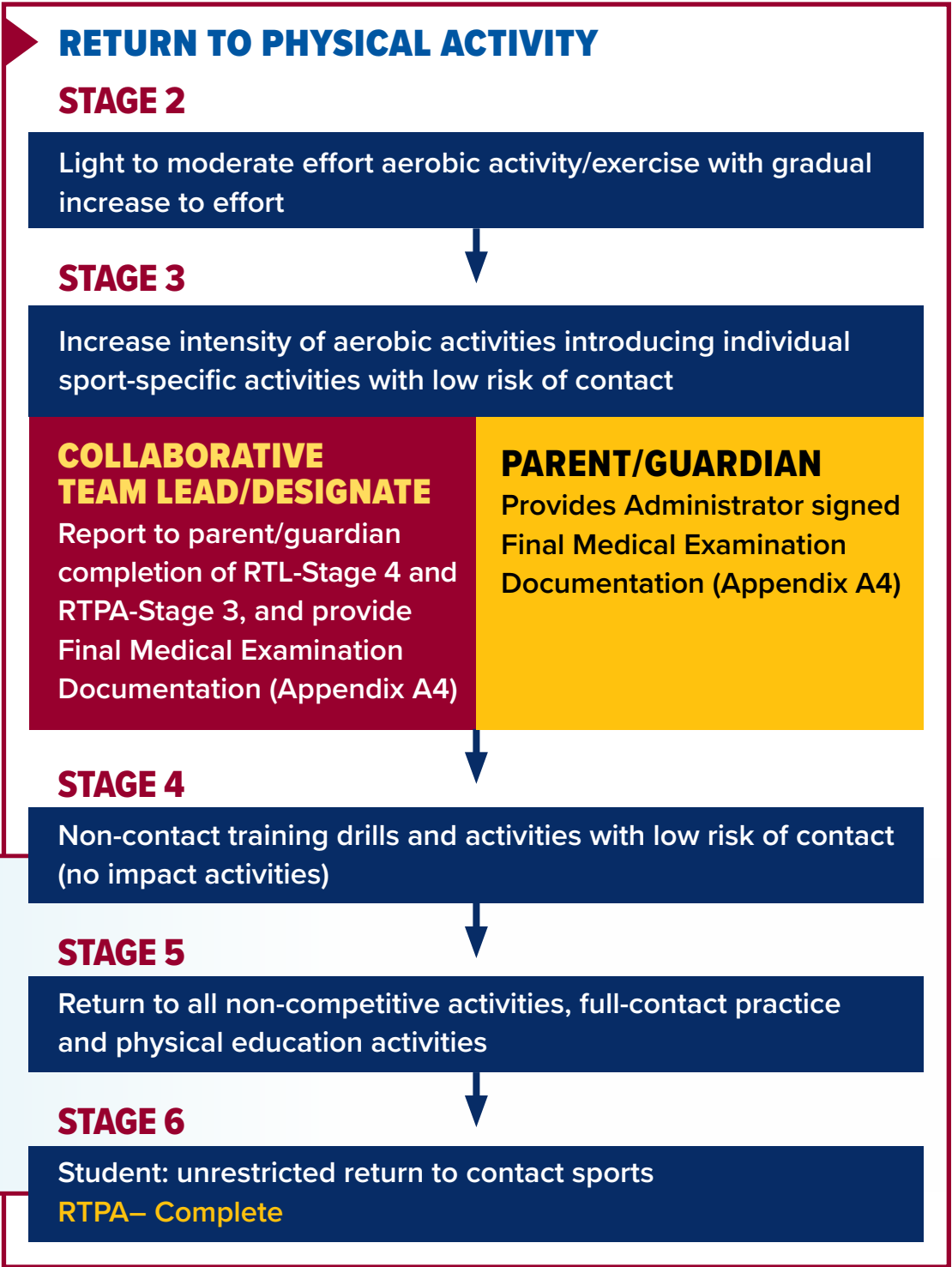
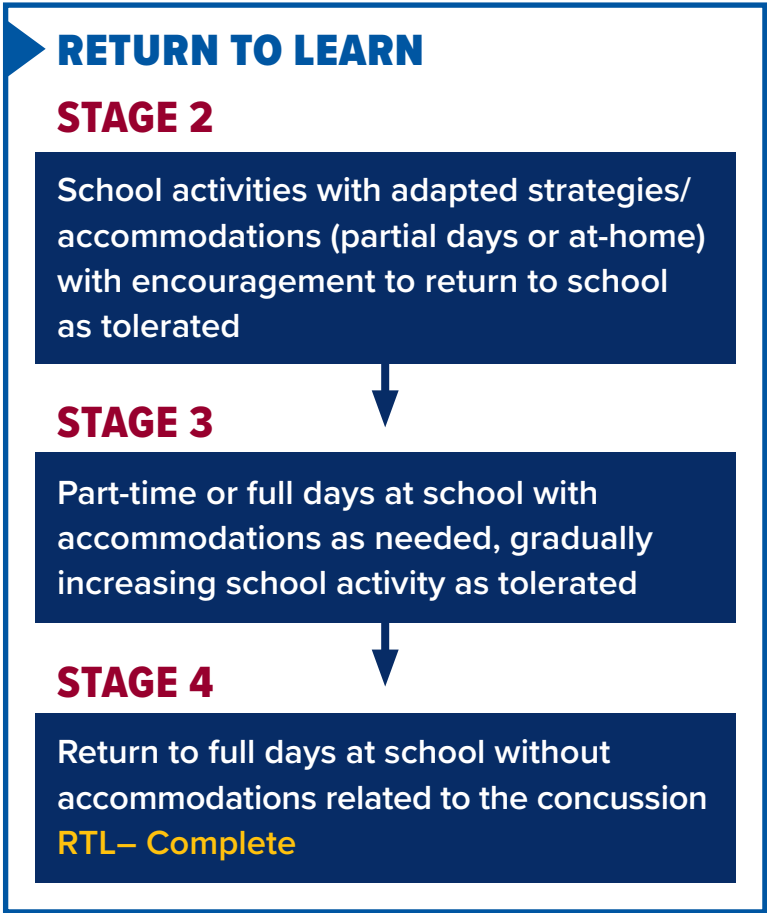
Activities of Daily Living and Relative Rest for Return to Learn (RTL) and Return to Physical Activity (RTPA) Plan (Appendix A5) – completed at home (same for RTL AND RTPA).

COLLABORATIVE TEAM

meet to develop Return to Learn and Return to Physical Activity Plan

PARENT/GUARDIAN

Reports to Administrator/Designate that the student has completed STAGE 1-Activities of Daily Living and Relative Rest



During RTPA Stages 4-6, if symptoms return or new symptoms are exhibited, student must return to RTPA-STAGE 3 and obtain medical clearance reassessment

