



Montcrest

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Montcrest School's Concussion & Head Injury Protocol

Ontario passed concussion safety legislation to protect amateur athletes and make sport safer on the field and at school.

Rowan's Law (Concussion Safety), 2018, makes Ontario a national leader in concussion management and prevention by establishing mandatory requirements that call for:

- *Annual review of concussion awareness resources that help prevent, identify and manage concussions, which athletes, coaches, educators and parents would be required to review before registering in a sport*
- *Removal-from-sport and return-to-sport protocols, to ensure that an athlete is immediately removed from sport if they are suspected of having sustained a concussion and giving them the time required to heal properly*
- *A concussion code of conduct that would set out rules of behaviour to minimize concussions while playing sport.*

Montcrest School recognizes the educational value of learning experiences in intramural and inter-school athletics and the health and physical education curriculum as well as active play. The School is committed to the safety of all students while participating in such activities.

To protect the safety of students from concussions and head injuries, this protocol sets out guidelines:

- respecting when a student who is suspected of having sustained a concussion is to be removed from or prevented from further participation in intramural or inter-school athletics or any part of the health and physical education curriculum;
- respecting the return of a student who has or may have sustained a concussion to intramural or inter-school athletics or to any part of the health and physical education curriculum, or his return to learning; and
- respecting the responsibilities of School employees and other persons who are involved in intramural or inter-school athletics or any part of the health and physical education curriculum in relation to the prevention of head injuries, the identification of symptoms of concussions and the management of concussions.

Below is Montcrest School's concussion & head injury "Return to Play" protocol for dealing with situations where a student:

- A) Sustains a head injury/concussion **AT** Montcrest;
- B) Sustains a concussion **OUTSIDE** of Montcrest School.

A) If student receives a head injury **AT** Montcrest, the following steps must occur:

1. Assistant Head, Student Life or designate must be called to perform a concussion assessment.
2. If student is assessed with possible concussion then their parents must be called and must come pick up their child from school. The parent is responsible for bringing their child to a physician for a concussion evaluation.
3. Before student returns to school a parent must communicate with the Assistant Head, Student Life whether the student sustained or did not sustain a concussion.
4. If the student **DID NOT** sustain a concussion then the student can return to school with no accommodations.
5. If the student **DID** sustain a concussion the parents are responsible for bringing the "Request to Resume Physical Education/Activity and/or Athletic Participation" form (See Appendix A below) to a physician to be filled out and signed.
6. The signed "Request to Resume Physical Education/Activity and/or Athletic Participation" form must be given to the Assistant Head, Student Life before the student can "Return to Play" at school.
7. Upon returning to school the parents and school are responsible for following the 6 Step "Return to Play" protocol (See Appendix B below).

B) If a student sustains a concussion **OUTSIDE** of Montcrest School the following steps must occur:

- 1) Before the student returns to school, a parent must communicate with the Assistant Head, Student Life and the student's homeroom teacher that the student sustained a concussion.
- 2) The parents are responsible for bringing the "Request to Resume Physical Education/Activity and/or Athletic Participation" form (See Appendix A below) to a physician to be filled out and signed.
- 3) The signed "Request to Resume Physical Education/Activity and/or Athletic Participation" form must be given to the Assistant Head, Student Life before the student can "Return to Play" at school.
- 4) Upon returning to school the parents and school are responsible for following the 6 Step "Return to Play" protocol (See Appendix B below).

APPENDIX A

**Request to Resume Physical Education/Activity and/or Athletic Participation:
Concussion Related Injuries**

If a student has been/is suspected of having a concussion, a physician must sign this form.

Student Name: _____

The student must complete the following 2 visits with the physician and follow physician's instructions below:

Physician Visit #1:

No concussion – student may return to:

- regular physical education class activities
- intramural activities/clubs
- interschool sport activities.

Physician signature: _____

Date: _____

Comments:

OR

Concussion - no activity until symptoms and signs have gone

Physician signature: _____

Date: _____

Comments:

APPENDIX B

Parent /Guardian Responsibility

Note: The student/parent/guardian must show this form to the Assistant Head, Student Life who will inform all relevant personnel (teacher, coach, supervisor, etc.) and to provide each with a copy of this form.

When a concussion is diagnosed, the student and parents/guardians monitor symptoms and signs of a concussion. As a part of this monitoring, ongoing communication must occur between the teacher/coach/supervisor and parent/guardian throughout Steps 1-4.

It is very important that a student not do any physical activity if he/she has any signs or symptoms. The 'return to play' process is gradual and must follow the steps as outlined below. **Note: Each step must take a minimum of one day.** If symptoms or signs of the concussion return (e.g. headache, feeling nauseated) either with activity or later that day, the student needs to rest for 24 hours, and return to the previous step. A student should never return to play if symptoms persist. The student may not participate in any physical education activities until Step 1 and Step 2 have been completed. Prior to beginning Step 3, the parent/guardian signature is required.

Step 1: No activity, complete rest. Once the student is asymptomatic (concussion symptoms and signs have stopped) proceed to Step 2.

Step 2: Light aerobic exercise, such as walking or stationary cycling, for 10-15 minutes. No resistance training.

In signing below, I give permission for my son/daughter to proceed to Step 3 and participate in physical education activities as described.

Parent/Guardian Signature: _____

Date: _____

School Responsibility

Step 3: Sport-specific exercise (e.g., ball drills, shooting drills) for 20-30 minutes. No resistance/weight training.

Step 4: “In class” physical education activities/intramural activities/clubs in which there is no opportunity for contact (e.g., aerobics routine, dance, badminton, and volleyball). May add light resistance training and progress to heavier weights. For interschool activities, on field/court/ice activities such as ball drills, shooting drills and other activities in which there is no opportunity for contact. May also add light resistance training and progress to heavier weights. The time needed to progress from “in-class activities” to “regular physical education activity” will vary with the severity of the concussion and the student. For interschool activities, the time needed to progress from non-contact to contact exercise will vary with the severity of the concussion and the student.

The teacher’s initials indicate that the student has completed Steps 3 and 4.

(Initial here.) Return form to student.

Parent/Guardian Responsibility

After **Step 4** and before **Step 5** (return to physical education activities/intramural activities/clubs), the student must return to the physician for final approval to engage in regular physical education activity which involve minimal contact and/or full contact activity, as applicable.

Physician Visit #2:

Concussion symptoms and signs have gone – student may return to:

- regular physical education class activities;
- intramural activities/clubs
- interschool sport activities.

Physician signature: _____

Date: _____

Comments:

Step 5: Regular physical education /intramural activities/clubs which involve minimal contact and/or full contact training/practice for interschool activities, as applicable.

Step 6: Game play for interschool activities, as applicable.

Note: This form must be returned to the teacher and, if applicable, to the coach and intramural supervisor. The teacher files this form in the student's O.S.R.

APPENDIX C

Return to Play Concussion Protocol SUMMARY

STEP 1: No activity, complete rest. Once the student is asymptomatic (concussion symptoms and signs have stopped) proceed to Step 2.

STEP 2: Light aerobic exercise, such as walking or stationary cycling, for 10-15 minutes. No resistance training.

STEP 3: Sport-specific exercise (e.g., ball drills, shooting drills) for 20-30 minutes. No resistance/weight training.

STEP 4: "In class" physical education activities/intramural activities/clubs in which there is no opportunity for contact (e.g., aerobics routine, dance, badminton, and volleyball). May add light resistance training and progress to heavier weights. For interschool activities, on field/court/ice activities such as ball drills, shooting drills and other activities in which there is no opportunity for contact. May also add light resistance training and progress to heavier weights. The time needed to progress from "in-class activities" to "regular physical education activity" will vary with the severity of the concussion and the student. For interschool activities, the time needed to progress from non-contact to contact exercise will vary with the severity of the concussion and the student.

The teacher's initials must be on the "**Request to Resume Physical Education/Activity and/or Athletic**" form to indicate that the student has completed Steps 3 and 4.

STEP 5: Regular physical education /intramural activities/clubs which involve minimal contact and/or full contact training/practice for interschool activities, as applicable.

STEP 6: Game play for interschool activities, as applicable.