



Northeastern Catholic District School Board

STUDENT CONCUSSION

Policy Number: E-38

Authority: 15-04/20-05

POLICY STATEMENT

The Northeastern Catholic District School Board (NCDSB) is committed to protecting students engaging in school activities, sports and health and physical education classes from the potentially serious, long-term and harmful effects of concussions. The Board will also ensure that students who sustain concussions are not returning to play or learn too soon, risking further complications.

REFERENCES

Education Act

PPM 158: *School Board Policies on Concussion*

Ontario Physical & Health Education Association (OPHEA) Concussion Protocol

Ministry of Education – Concussion Awareness Resources

NCDSB Protocol Student Concussion

DEFINITIONS

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 (*headache, dizziness*), cognitive (*difficulty in concentrating or remembering*), emotional/behavioural (*depression, irritability*) and/or related to sleep (*drowsiness, difficulty falling sleep*).

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.

POLICY REGULATIONS

- 1.0 Ensure that students, staff, and stakeholders receive and have access to Concussion Awareness Resources.
- 2.0 Provide annual concussion training for relevant school staff about the policy and the content of approved Concussion Awareness Resources.
- 3.0 Implement strategies for preventing and minimizing the risk of sustaining concussions at school in accordance with a concussion code of conduct.

- 4.0 Enforce and regularly review a concussion protocol with clear processes for the identification of suspected concussion, a return to school plan, and concussion tracking.
- 5.0 Collect data regularly and report as required by the Ministry of Education.