

Grade 9

Healthy Heart Schools' Program Concussion Policies for Review

School Board/Organization	School Board/Organization Policy
<p>DSBN, Heart Niagara, Niagara Region Public Health https://www.dsbni.org/uploadedFiles/DSBN_Policy/School_Operations/Policy-G-36.pdf</p>	<ul style="list-style-type: none"> ● In accordance with Policy Program Memorandum (PPM) 158 (School Board Policies on Concussion), DSBN/Heart Niagara/NRPH will develop and implement concussion management strategies. <ul style="list-style-type: none"> ○ These strategies must include: awareness initiatives, prevention strategies, identification of concussion process, diagnosed concussion management and training
<p>NCDSB https://docushare.ncdsb.com/dsweb/Get/Document-1981988/303.1%20-%20Concussion%20AOP.pdf</p>	<ul style="list-style-type: none"> ● The Niagara Catholic District School Board recognizes concussions as a serious injury which requires appropriate follow-up measures to reduce risk of potential additional injury ● Concussion awareness, prevention, identification and management are a priority for the Board ● The implementation of the Board's Concussion Administrative Operational Procedures is another important step in creating healthier schools in the Niagara Catholic District School Board <p><u>Prevention Protocol</u></p> <ul style="list-style-type: none"> ● Regardless of the steps taken to prevent injury, some injuries may occur. The severity of the injury may be mitigated by the following: <ul style="list-style-type: none"> ○ 1) Awareness and education for coaches, volunteers, staff, parents and students to: <ul style="list-style-type: none"> ■ a) Recognize the symptoms of concussion ■ b) Remove the student from play ■ c) Refer the student to a medical doctor/nurse practitioner ■ Connect Curriculum with student learning about concussions and injury prevention ○ 2) Wearing the school's sport specific protective equipment: <ul style="list-style-type: none"> ■ a) Equipment will fit properly ■ b) Equipment will be well maintained ■ c) Equipment will be worn consistently and correctly ■ d) Equipment will meet current safety standards ■ e) Damaged or expired equipment will be replaced

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| | <ul style="list-style-type: none"> ○ 3) Follow OPHEA sport specific safety guidelines and our Niagara Catholic Fair Play Code of Conduct ○ 4) Ensure all students receive instruction, understand and follow the sport/activity specific safety rules and skills prior to participation (e.g. eliminate all checks to the head and eliminate all hits from behind) ○ 5) Teach skills in proper progression (e.g. emphasize the principles of head-injury prevention, keeping the head up and avoiding collision) ○ 6) Outline the concussion risks associated with the activity/sport and demonstrate how they can be minimized e.g. teach proper sport techniques - correct tackling in football, effective positioning in soccer, use of zones for activities to avoid overcrowding. ○ 7) Students must follow their supervising staff/coach's/volunteer's safety instructions at all times ○ 8) Reinforce that it is extremely important not to return to learning or physical activity while still recovering from a concussion to avoid further risk of injury. ○ 9) Discourage parents/guardians/volunteers/teachers/coaches, school staff from pressuring recovering concussed students to play or learn before they are ready ○ 10) Parents need to reinforce with their child the importance of following the school's safety procedures Concussion (303.1) Administrative Operational Procedures Page 4 of 20 ○ 11) Parents need to report concussion history on school medical form ○ 12) Provide reassurance, support and request/offer academic accommodations as needed |
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Rowan's Law

- Rowan Stringer's Story
 - Rowan's Law was named for Rowan Stringer, a high school rugby player from Ottawa, who died in the spring of 2013 from a condition known as second impact syndrome (swelling of the brain caused by a subsequent injury that occurred before a previous injury healed). Rowan is believed to have experienced three concussions over six days while playing rugby. She had a concussion but didn't know her brain needed time to heal. Neither did her parents, teachers or coaches.
- Rowan's Law Day
 - Last Wednesday of each September has been designated as Rowan's Law Day to help raise awareness about concussion safety

- **Effective January 1, 2021**, amateur sport organizations will be required to have removal-from-sport and return-to-sport protocols in place to ensure an athlete is immediately removed from play if they have sustained or may have sustained a concussion.
 - Clearance from a medical professional must be obtained before returning to play.

Legislation for schools

- **Effective January 31, 2020**, all school boards are required to establish:
 - Concussion Codes of Conduct for individuals participating in board-sponsored interschool sports. This will include students and parents of students under 18 years of age, as well as coaches and team trainers.
 - A process for removing students with a suspected concussion from physical activity and, for those diagnosed with a concussion, a Return to School Plan, which includes their return to learning and to physical activity
 - A process to document and track a student's progress, from removal from an activity due to a suspected concussion to the return to learning and to physical activity
- School boards must also require:
 - Individuals participating in board-sponsored interschool sports to confirm every school year that they have reviewed a Concussion Code of Conduct and a Concussion Awareness Resource. This will include students and parents of students under 18 years of age, as well as coaches and team trainers. Team officials are only required to review a Concussion Awareness Resource.
 - Annual concussion training for relevant staff about the school board's concussion policy and the content of the Concussion Awareness Resources.