

331 CONCUSSION PROTOCOL

Belief

MESC believes it has a responsibility to provide a safe and healthy learning environment for students.

Guidelines

1. MESC employees will work cooperatively with medical experts and health authorities to promote student health and safety.
2. A concussion is a head injury caused by the brain being shaken around inside the skull after a direct blow to the head, or a sudden jerking of the head or neck when the body is hit. A concussion can occur even if there has been no loss of consciousness.
3. A concussion is a brain injury that causes change in the way the brain functions and can have a significant impact on a student – cognitively, physically, emotionally and socially.
4. Schools must know how to recognize concussions and work with staff and parents/guardians to manage suspected concussions and help students return safely to school and play after experiencing a concussion.

Procedures

5. MESC will convey the seriousness of concussions to staff, students, parents/guardians and other stakeholders.
6. Prevention will be at the fore of concussion awareness.
 - 6.1. Students participating in extracurricular athletics and other activities will follow safety guidelines.
 - 6.2. Teachers and coaches are expected to follow safety guidelines and work with student to reduce the risk of serious injury, including concussions.
 - 6.3. Supervision must be provided in any activity that has a risk of concussion to provide vigilant oversight of the activity.
7. Schools must follow the Safety Guidelines for Secondary Interschool Athletics in Alberta and the Safety Guidelines for Physical Activity in Alberta.
8. It is the responsibility of the coaches, officials, parents/guardians and student athletes to adhere to the minimum required standards for safety of equipment.
9. If an employee has reason to believe that a student is exhibiting signs and symptoms of a concussion, then the employee must report to the principal who will begin the concussion protocol ([Appendix 1 – Signs and Symptoms of a Concussion](#)).

- 9.1. Concussions can only be diagnosed by a medical doctor.
 - 9.2. To return to a sport or activity after a concussion, the student must be reexamined and permitted to participate by a medical doctor.
 - 9.3. After permission has been granted to return to a sport or activity, the concussion protocol ([Appendix 2 – Return to Learn/Play Protocol](#)) must be followed.
10. Training will be provided for coaches and school personnel who are in contact with students who participate in activities that may have athletic injuries including concussions.
 11. Teachers and/or coaches are responsible for student safety and for educating students/players about concussions.
 - 11.1. The teacher supervisor/coach will be required to remove from play, any athlete who exhibits signs or symptoms of concussion. The athlete will not be permitted to return until he/she has received written medical permission to participate from a doctor.
 - 11.2. The teacher supervisor/coach or principal must summon an ambulance if a student appears to be seriously injured and cannot be moved.
 12. The Principal is responsible to ensure that appropriate concussion protocols are followed, including the development of the plan for a student with a confirmed concussion.
 - 12.1. The Principal will inform staff of a student with a confirmed concussion.
 13. Students are responsible for abiding by the rules and regulations of the sport or activity and to abide by the principles of fair and safe play.
 - 13.1. Students are required to report any blow to the head, face or neck and any symptoms that they might be experiencing to the teachers/coaches.
 - 13.2. Students, who have witnessed a peer receiving a blow to the head, face or neck or observed a peer who may be exhibiting symptoms associated with a concussion will report this to the supervising teacher or coach.
 14. Each student who has been diagnosed with a concussion will have an individualized return to learn/play plan developed in consultation with the school team and the parent/guardian.
 - 14.1. The return to learn/play plan will include individual recommendations to be implemented immediately as part of the recovery process.
 - 14.2. Accommodations may need to be varied as necessary.
 15. Parents are to put the health and safety of the child first.
 - 15.1. Parents/guardians will be required to read and sign an Authorization to Participate in Competitive Sports form before their child attends a try out, a practice or a competitive sports activity (Form 331-1: Authorization to Participate in Educational Excursions or Competitive Sports).
 - 15.2. Parents/guardians are responsible for cooperating with school personnel when they are informed of a possible concussion to their child.

- 15.3. Parents/guardians are responsible for acting on information provided by the teacher supervisor/coach and for monitoring their child after a suspected concussion.

Reference:

Emergency Medical Aid Act

Alberta Health Services: Concussion/Mild Traumatic Brain Injury