

Parent/Guardian At-a-Glance Concussion Information for a Diagnosed Concussion

WHAT IS A CONCUSSION?

A Concussion:

- is a brain injury that causes changes in how the brain functions, leading to symptoms that can be physical (e.g., headache, dizziness), cognitive (e.g., difficulty concentrating or remembering), emotional/behavioural (e.g., depression, irritability) and/or related to sleep (e.g., drowsiness, difficulty falling asleep);
- can occur even if there has been no loss of consciousness (in fact most concussions occur without a loss of consciousness)
- signs and symptoms of a concussion can occur immediately or take hours or days to appear

Process after student has been diagnosed with a concussion by a medical practitioner

- Parent Package provided on details of process
- Collaborative Team meeting (parent, student, and school staff)

Note: STEPS are not "days" – each step must take a minimum of 24 hours and the length of time needed to complete each step will vary based on the severity of the concussion and the student.

Return to Learn and Return to Physical Activity Steps:

STEP 1 – Cognitive/Physical Rest at Home (following Medical Practitioner recommendations)

Return to Learn Steps:

- C-4A - Parent informs school their student is symptom free and can move onto Step 2 or symptoms are improving enough to return to learn with accommodations.
- C-4B - Parent informs school return to learn has been completed and student is symptom free. Student moves on to Step 2B – regular classroom activities.

Return to Physical Activity Steps:

STEP 2B/Step 2 - light/aerobic physical activity provided at home

- C-4C - Parent informs school their student is symptom free

STEP 3 – school provides individual sport-specific activity

STEP 4 – school provides no body contact activities

- C-4 D₁ - Teacher informs parents student is symptom free /medical check
- C-4 D₂ - Medical doctor confirms student is symptom free with return to full participation in non contact activities

STEP 5 – Student returns to full participation in physical education/intramural and interschool *non contact physical activities/sports.

For *contact sports student must participate in a full contact training/practice prior to competition.

- C-4E₁ - Coach informs parents student was symptom free after full contact practice
- C-4E₂ - Parent consents for student to participate in full contact competition

STEP 6 – Student participates fully in contact sport competition

IF Signs or symptoms recur - Student to return to Medical Doctor/Nurse Practitioner with forms C-2 and C-3 and process begins again.