



Concussion Information

Dear Parents,

Waterloo Catholic District School Board has been developing a policy to effectively deal with concussions in our schools.

The Ontario Government passed PPM 158, a memo which directs our school board to engage our staff, students and families to prevent, recognize and deal with the ramifications of concussions in our schools.

As part of this initiative, we are sending home this poster for you to keep for reference. It is a summary of signs and symptoms to watch for if a student has had an injury to the head and concussion is suspected.

As well, when your student has an injury to the head at school, notice is being provided to parents so that they may monitor their child's condition. It is through this communication between home and school regarding injuries sustained by students that we will work together to keep our students safe and healthy.

Further information regarding concussion can be obtained by contacting the Region of Waterloo Health Unit or your family doctor.

WCDSB Concussion Committee



Concussion Awareness 101

Action Plan

Unconscious Student:

For a student who is unconscious or there is/was a loss of consciousness (concussion should be assumed and medical attention must be sought):

- Initiate Emergency Action Plan and call 911.
- Assume there is a possible neck injury and, only if teacher/coach has been trained, immobilize the student before ambulance transportation to hospital.
- Do not remove athletic equipment (e.g. helmet) unless there is difficulty breathing.
- If the student regains consciousness, encourage him/her to remain calm and to lie still. Do not administer medication.
- Even if the student regains consciousness, he/she should be taken to the hospital for examination.

Conscious Student:

- If there is no loss of consciousness, but a concussion is suspected due to a direct blow to the head or a major physical trauma to other parts of the body:
- Remove the student from the current activity or game immediately. Conduct an initial assessment of the student (i.e. check signs and symptoms).
- Do not leave the student alone. Continue to monitor signs and symptoms and do not administer medication.
- Do not allow the student to return to play in the activity, game or practice that day (**if in doubt, sit them out.**) The student must not leave the premises without parent/guardian (or emergency contact) supervision.

****All students with a suspected concussion (brain injury), even if there was no loss of consciousness, need to be evaluated by a physician as soon as possible.**

Adapted with permission from Ophea, [Ontario Physical Education Safety Guidelines, 2012] See Ophea's Ontario Safety Guidelines at <http://safety.ophea.net>

SIGNS AND SYMPTOMS

Concussion should be suspected in the presence of any one or more of the following:

SIGNS OBSERVED

- Vomiting
- Slurred speech
- Slowed reaction time
- Poor coordination or balance
- Blank stare/glassy-eyed
- Decreased playing ability
- Loss of consciousness
- Difficulty concentrating
- General confusion
- Cannot remember things that happened before and after the injury
- Does not know time, date, place, class, type of activity in which he/she was participating

SYMPTOMS REPORTED

- Headache
- Neck pain
- Feeling off/not right
- Ringing in the ears
- Seeing double or blurry/loss of vision
- Seeing stars, flashing lights
- Pain at physical site of injury
- Nausea/stomach ache/pain
- Balance problems or dizziness
- Sensitivity to light or noise
- Having difficulty concentrating or remembering
- Feeling slowed down, fatigued or low energy
- Feeling dazed or in a fog
- Drowsiness

**For complete list see the Ontario Physical Safety Guidelines*

IMPORTANT PHONE NUMBERS

School Phone: _____

Hospital Name: _____

Hospital Phone: _____



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