



École Hadley Junior High School
Tel: 819-776-3158
Fax: 819-776-1107
email: hadley@wqsb.qc.ca
www.hadleypwhs.com

Concussion Policy

École Philemon Wright High School
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At Hadley Junior High School and Philemon Wright High School we are committed to safety. A committee of coaches and administration met to devise a school concussion policy.

Information is adapted from:

Heads up Concussion in youth sport: www.cdc.gov/Concussion

World Rugby <http://playerwelfare.worldrugby.org/concussion>

Facts:

- A concussion is a brain injury
- All concussions are serious
- Concussions can occur without loss of consciousness
- All Athletes with any symptoms following a head injury
 - Must be removed from play and training
 - Must not return until symptom free
 - Should be seen by a health care practitioner
 - Must complete a graduated return to play programme
- Recognize and Remove to help prevent further injury
- Concussion can be fatal – do not return to play if symptoms persist

3 Action Steps:

- 1) Educated coaches, parents and athletes
- 2) Remove Athlete from Play
- 3) Obtain permission to return to play

School Procedures for Management of Concussions:

1-) Concussion Awareness Video:

- a. The students watch a concussion awareness video in Physical Education class during term 1 every year.
 - Awareness and seriousness
 - Strategies for prevention and identification
 - Management procedures
- b. All coaches will watch a concussion awareness video for coaches before they coach
<http://www.cdc.gov/concussion/HeadsUp/Training/>

2-) Coaches need to know:

- What is a concussion?
- How do I recognize a concussion?
- What are concussion danger signs?
- Why should I be concerned about concussions?
- How can I help an athlete return to play gradually?
- Prevention and preparation
- What should I do when a concussion is expected?
- For more information, visit www.cdc.gov/Concussion



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3-) Athletes are removed from play and training if coaches observe any signs of a concussion or Athletes report any symptoms.

Signs and Symptoms:

Signs Observed by Coaching Staff

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets instructions
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness
- Shows mood, behavior, or personality changes
- Can't remember events prior or after the hit or fall

Symptoms Reported by Athlete

- Headache or pressure in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light and/or noise
- Feeling sluggish, hazy foggy or groggy
- Concentration or memory problems
- Confusion
- Just not feeling right or feeling down

4-) Athletes must Return to Play Gradually after a concussion:

*** Students who have a concussion must provide a doctor's note to return to play.

Rehabilitation Stage	Exercise Allowed	Objective
1-) Minimum rest period	Complete body and brain rest without symptoms	Recovery
2-) Light aerobic exercise	Light jogging for 10 – 15 minutes, swimming or stationary cycling at low to moderate intensity. No resistance training. Symptom free during full 24 hour period.	Increase heart rate
3-) Sport-specific exercise	Running drills. No head impact activities.	Add Movement
4-) Non-contact training drills	Progression to more complex training drills, e.g. passing drills. May start progressive resistance training.	Exercise, coordination, and cognitive load
5-) Full contact practise	Normal training activities	Restore confidence and assess functional skills by coaching staff
6-) Return to play	Player rehabilitated	Recover

*** The athlete must work with the resource team throughout their recovery for academic accommodations.

*** The coach with administration can decide any time throughout the rehabilitation that a student cannot play.



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5-) All physical incidents must be reported immediately using the **Student Accident Report Form.**

- a. A copy of the Accident Report is given to the Principal (Dodie Payne)
- b. A copy of the Accident Report is given to the Secretary for administrators (Debbie Morrison) to send to the school board
- c. A list of students who have received concussions will be kept in the Phys-Ed office (See Christie Bray at Philemon and Lindsay Robb at Hadley)

Student Name	Sport Played or Incident	Date: Concussion	Date: Return to play

- d. Coaches should read the list of students who have had a concussion before starting the session and periodically throughout the season.

6-) Parental and Athlete Involvement:

- a. Parents are to report any concussions (past or present) and/or symptoms of concussion to the school coach
- b. Athletes must discuss their concussion and symptoms with their school coach
- c. Parents are advised to seek medical attention right away when their child experiences a concussion or symptoms of a concussion
- d. Students who have had a concussion require a doctor's note to return to play
- e. Parents are advised to keep their child out of play
- f. Coaches will distribute **Parent and Athlete Concussion Information Sheet**. Parents and Athletes will read and sign the information sheet and return to the coaches before play.



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HADLEY JUNIOR HIGH SCHOOL and PHILEMON WRIGHT HIGH SCHOOL ACCIDENT REPORT

SUBMIT TO THERESE IN ROOM 121.
 COPY TO M. DUSABLON AT WQSB BOARD OFFICE.

School Board: Western Quebec Policy No.: _____

Contact Person: Manon DuSablon Fax #: 819 684-9061

CLAIMANT

1. Given Name _____ Name: _____ Age: _____

2. Address: _____ Tel. #: _____

3. School: _____ Tel. #: _____ Contact Person: _____

4. Date of accident: _____ Time: A.M. _____ P.M. _____

5. Location of Accident: School: _____ Class _____ Other _____

6. a) Briefly describe the accident: _____

b) Describe the injury: _____

7. Name of teacher on duty at the time of accident: _____

8. Immediate measures:

First aid: _____

Method of transportation to health services: _____

Method of transportation home: _____

Method of transportation to hospital: _____

9. Witness: 1: Name: _____

Address: _____ Tel. #: _____

2: Name: _____

Address: _____ Tel. #: _____

Signature: _____ Date: _____

-----**RESERVED** **FOR**

INSURANCE COMPANY'S USE

FILE #: _____

EXAMINER : _____



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PARENT & ATHLETE CONCUSSION INFORMATION SHEET



WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury. The athlete should only return to play with permission from a health care professional experienced in evaluating for concussion.

DID YOU KNOW?

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.



SYMPTOMS REPORTED BY ATHLETE:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

SIGNS OBSERVED BY COACHING STAFF:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

[INSERT YOUR LOGO]



"IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON"



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CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

1. If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.
2. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, and playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.
3. Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

STUDENT-ATHLETE NAME PRINTED


STUDENT-ATHLETE NAME SIGNED

DATE

PARENT OR GUARDIAN NAME PRINTED

PARENT OR GUARDIAN NAME SIGNED

DATE

JOIN THE CONVERSATION  www.facebook.com/CDCHeadsUp



TO LEARN MORE GO TO >> WWW.CDC.GOV/CONCUSSION