

OSBIE

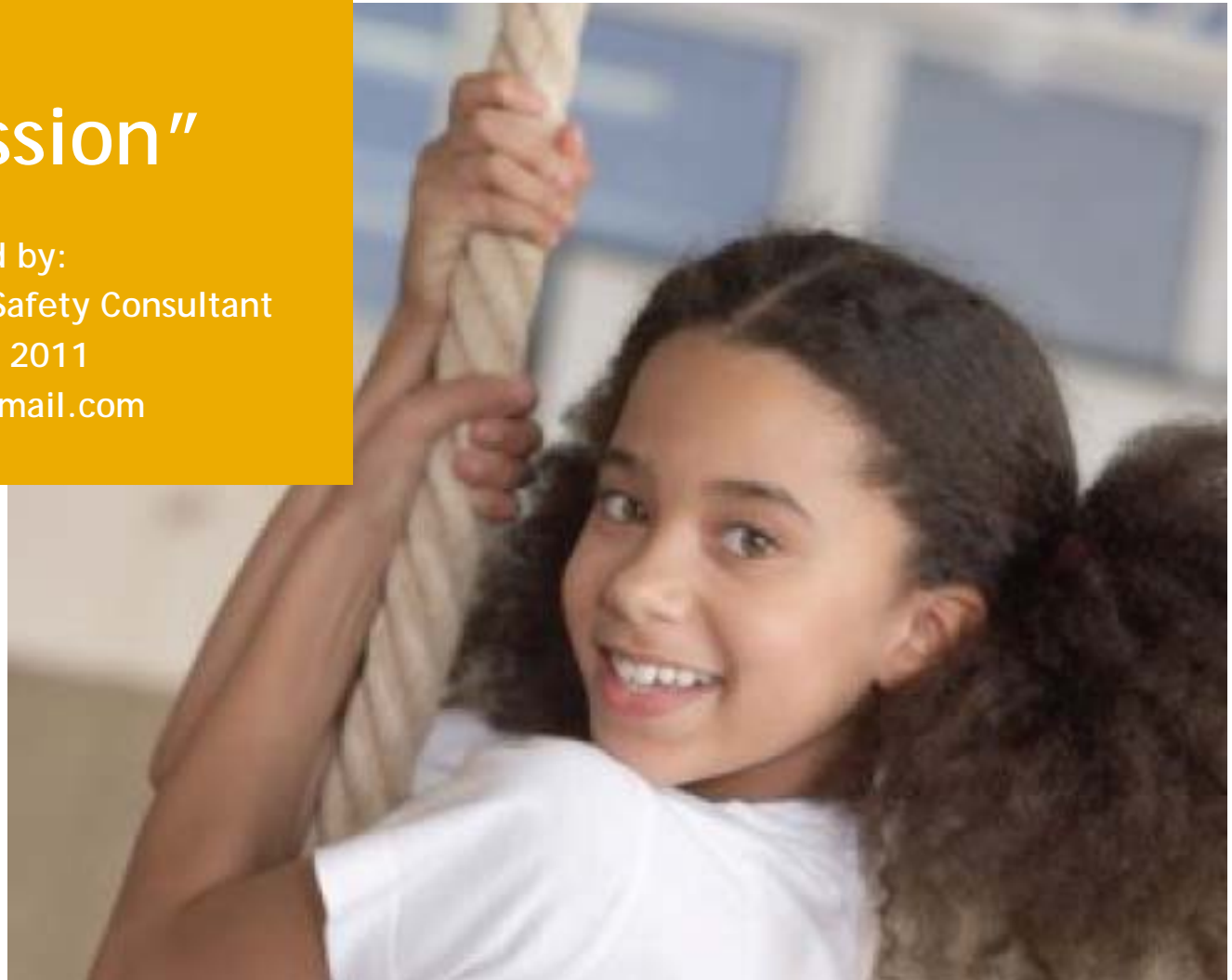
# “Concussion”

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# INTRODUCTIONS

## Think, Pair, Share

1. What do you know about concussion?
2. What do you want to know about concussion?



# WHO IS OPHEA?

- A provincial not-for-profit organization established in 1921 and incorporated in 1990
- Led by the vision that all kids value, participate in, and make a lifelong commitment to healthy active living
- Dedicated to supporting Ontario schools and communities through quality program supports, partnerships, and advocacy
- A subject association for Health and Physical Education, on whose expertise the Ministry of Education draws.

# CONTENT

By the end of this session, participants will be familiar with:

- The Ontario Physical Education Safety Guidelines and the concussion information and procedures outlined in the Curricular, Intramural and Interschool modules.
- Concussion and Second Impact Syndrome
- Recognizing signs and symptoms of concussion

# CONTENT

By the end of this session, participants will be familiar with:

- The role of teachers/coaches
- Communicating with parents and staff
- Request to Resume Participation - Concussion Related Injuries Form
- Return to Play - 5 or 6 step process
- Prevention

# ONTARIO PHYSICAL EDUCATION SAFETY GUIDELINES

The Ontario Physical Education Safety Guidelines were developed to assist school boards in their formulation of site-specific safety guidelines for Curricular Physical Education Programs, Intramural Activities and Clubs and Interschool Athletics.

These guidelines are to the best of Ophea's knowledge, based upon the most current knowledge and experience available in Canada.

# WHAT ARE THE ONTARIO PHYSICAL EDUCATION SAFETY GUIDELINES?

The Ontario Physical Education Safety Guidelines are provincially recognized safety guidelines that outline the mandatory minimum standards that must be met by teachers/intramural supervisors/coaches when addressing the safety components of the curricular, intramural and interschool programs.

- Outline safe practices for activities in order to minimize the risk of accidents or injuries

# STRUCTURE OF THE SAFETY GUIDELINES

## 6 modules (3 Elementary, 3 Secondary):

- Curricular (Health & Physical Education Programs)
- Intramural Activities and Clubs
- Interschool Athletics

## 3 sections in each module:

- Generic Section
- Sport/Activity Pages
- Appendices

# STRUCTURE OF THE SAFETY GUIDELINES

cont'd.

## Address critical safety components:

- Equipment
- Clothing and footwear
- Facilities
- Special rules and instruction
- Supervision

# ONTARIO PHYSICAL EDUCATION SAFETY GUIDELINES

The Ontario Safety Guidelines are produced by  
Ophea, in partnership with:

OSBIE - Ontario School Boards' Insurance Exchange

OASPHE - Ontario Association for the Supervision of  
Physical and Health Education

CIRA - Canadian Intramural Recreation Association Ontario

OFSA - Ontario Federation of School Athletic Associations

# WHY DO WE NEED A CONCUSSION PROTOCOL?

**'Teachers are to ensure that all reasonable safety procedures are carried out in courses and activities for which the teacher is responsible'.**

Education Act - Regulations 298 S20 - Duties of Teachers

**'To assist or allow an injured student to seek medical attention for injuries as a careful parent would.'**

Common Law Duties Owed by Teachers

# THE ONTARIO PHYSICAL EDUCATION SAFETY GUIDELINES AND CONCUSSION

*The minimum standard of care for concussion is located in the Elementary and Secondary Curricular, Intramural and Interschool modules in the following sections:*

- A. Generic Issues - all guideline statements are mandatory
- Student's medical background and physical limitations
  - Transportation/permission forms/inherent risks
  - First Aid kit/Emergency Action Plan/Fire plans
  - **Concussion Information**
  - Environmental precautions (e.g., lightning)
  - Risks—recognizing and minimizing
  - Changeroom conduct
  - Variance from guidelines
  - Outside provider

# THE ONTARIO PHYSICAL EDUCATION SAFETY GUIDELINES AND CONCUSSION

## Appendices:

- Physical Activity and Sport-Related Concussion
  - Curricular & Intramural modules - [Appendix D](#)
  - Interschool Athletics - [Appendix C](#)
- Sample Request to Resume Physical Education/Athletic Participation Concussion-Related Injuries
  - Curricular & Intramural modules - [Appendix D](#)
  - Interschool Athletics - [Appendix B2](#)

# MEDIA ON CONCUSSIONS

*'Football is a high risk sport for concussions, school athletes should learn to recognize symptoms such as headaches or dizziness'*

Hamilton Spectator - September, 2009 - (Educating School Athletes about Concussions)

*'Hits to the head spark much debate when younger players may be the most at risk'*

Toronto Star - December 7, 2009- (Headed for Danger)

# MEDIA ON CONCUSSIONS

*'A big hit can have lasting effects on memory, judgment, speech, and balance. It can also cause confusion, severe headaches, dizziness, irritability, insomnia, fainting, depression, a blood clot or bleeding inside the brain'*

*Concussions from participating in school activities:*

- soccer - colliding with the goalie*
- hockey - elbowed in the head and fell and hit head on the ice*
- volleyball - trying to block a volleyball at the net and was hit squarely between the eyes*

The Sunday Sun - November 22, 2009 (Head injuries)

# CONCUSSION INFORMATION

## A concussion:

- is a traumatic brain injury, that
- disrupts the way the cells in the brain normally work,
- can vary in severity and consequences.

## Causes:

- a strike or jolt to the head, face, neck, or a blow to the body (e.g., a sideways check to the body)
- results in a whiplash effect on the head and neck and the brain impacts the skull.

Video Link - Smart Hockey by ThinkFirst.ca

# CONCUSSION INFORMATION

A person does not have to lose consciousness to sustain a concussion.

In fact, most people never do.

# COMMON SYMPTOMS & SIGNS OF A CONCUSSION

Teachers/Coaches/Intramural Supervisors must become familiar with the common symptoms and signs of a concussion.

See: Ontario Physical Education Safety Guidelines: Curricular/Intramural modules - Appendix D-1; Interschool Athletics module - Appendix C

Note:

- Only a medical doctor can diagnose a concussion.
- Teachers/coaches/intramural supervisors can recognize signs and of suspected concussion and inform parents of the importance of evaluation by a medical doctor.

# COMMON SYMPTOMS & SIGNS OF A CONCUSSION

## Physical Activity and Sport-Related Concussions

Appendix D-1 (Curricular, Intramural)  
Appendix C (Interschool)

# COMMON SYMPTOMS & SIGNS OF A CONCUSSION

## Thinking problems after a hit/collision:

- Does not know time, date, place, period of game, opposing team, score of game
- General confusion
- Short term memory loss - cannot remember things that happened before and after the injury
- “Knocked out”

# COMMON SYMPTOMS & SIGNS OF A CONCUSSION

## Student's Complaints:

- Headache
- Dizziness
- Feels dazed
- Feels “dinged” or stunned, “having my bell rung
- Sees stars, flashing lights
- Ringing in the ears
- Sleepiness
- Loss of vision
- Sees double or blurry
- Stomach ache/pain/nausea

# COMMON SYMPTOMS & SIGNS OF A CONCUSSION

## Other Complaints:

- Poor coordination or balance
- Blank stare/glassy-eyed
- Slurred speech
- Slow to answer questions or follow directions
- Poor concentration, easily distracted
- Strange or inappropriate emotions, (e.g., laughing, crying, or getting angry easily)
- Not playing as well



# CONCUSSION PROCEDURES

## Appendix D-1, or C cont'd.

1. Concussion - Initial Response
2. Physician Visit #1
3. Return-to-Play process (Steps 1-4)
4. Physician Visit #2
5. Return-to-Play process (Step 5 & 6 -Interschool)



# INITIAL RESPONSE TO A SUSPECTED CONCUSSION

## Loss of Consciousness:

The teacher/coach is to:

- Initiate Emergency Action Plan - call 911
- Assume there is a possible neck injury and only if you have been trained, immobilize the student.
- Stay with the student and monitor for signs of deterioration (signs of physical, mental or emotional changes) until Emergency Medical Services arrive.

# INITIAL RESPONSE TO A SUSPECTED CONCUSSION

## No loss of consciousness:

The teacher/coach is to:

- Remove the student/athlete from the activity immediately and not allow them to return to activity that day.
- Be sure the student is not left alone
- Monitor the student/athlete closely for any signs and symptoms of possible physical, mental or emotional changes
- Follow school procedures for contacting parent/guardian

If after an injury , the teacher/coach is unsure if a student should participate, remember... When in doubt, sit them out.

# COMMUNICATION: INFORMATION FOR PARENTS

## Parents/guardians

- must be informed of the suspected concussion and the importance of the head injury being evaluated by a physician as soon as reasonably possible.



# COMMUNICATION: INFORMATION FOR PARENTS

Provide parents/guardians with the *Request to Resume Physical Education/Athletic Participation - Concussion Related Injuries Form*. Appendix D-2, or B-2 (Interschool)

Inform parents:

- to have a physician complete and sign the Concussion Related Injuries form
- return the completed form (signed by a physician) to the appropriate school personnel (school administrator, classroom teacher, coach)

See Appendix D-2, or B-2 (Interschool Module)

# COMMUNICATION : INFORMATION FOR STAFF ACTIVITY PROVIDERS

## Scenario:

If a student is currently being evaluated by a doctor, then all staff activity providers (physical education, intramural supervisors and coaches) must be informed that there shall be no activity for the student/athlete until the *Concussion Related Injuries form* is returned to determine if student has a concussion.

?? What will the communication process be in your school/Board?

# CONCUSSION INFORMATION

## SIDE EFFECTS/SYMPTOMS

### Lingering Symptoms and Signs can be:

- headaches, lethargy, sensitivity to light and sound, dizziness, ringing in ears, depression, amnesia, irritability, poor concentration or coordination.

### Long term problems associated with concussion can include:

- Poor attention and concentration
- Reduced speed of information-processing
- Impaired memory and learning
- Emotional difficulties

# CONCUSSION SECOND IMPACT SYNDROME

*MACLEANS.ca The damage done by concussions*

*Sidney Crosby is a case study in what we know, and what we don't know: by Cathy Gulli, on Friday, February 4, 2011 9:00am*

Recent research indicates that a 'Second Impact Syndrome' may occur when a repeat concussion happens before the brain recovers from the first, which can slow recovery or increase the likelihood of having long-term problems.

It is important that initial concussions are treated early and with professional care.

# PREVENTION: INFORMATION TO STUDENT/ATHLETES

Education is a prime factor in supporting the prevention of concussion:

Prior to activity teacher/coach reviews with the student/athletes the following:

- the risks of a concussion associated with the activity/sport.
- the causes, signs and symptoms of concussion and
- dangers of participating in an activity while experiencing the signs and symptoms of a concussion.

# PREVENTION: INFORMATION TO STUDENT/ATHLETES

Education is a prime factor in supporting the prevention of concussion:

Prior to activity teacher/coach reviews with the student/athletes the following cont'd:

- The importance of informing the teacher/coach/supervisor of any signs or symptoms of a concussion and removing themselves from the activity.
- The Importance of a suspected concussion being evaluated by a medical doctor.

# PREVENTION: INSTRUCTION/TRAINING STUDENT/ATHLETE

Teacher/coach is to provide the following instruction and training to help minimize the risks of a concussion in the activity/sport:

- Teach the proper skill progressions and sport training techniques and explain how risks can be minimized.
- Instruct students to follow the rules of the activity/game, respect their opponent and ‘play fair’
- Enforce the rules of the sport/game.
- Have students practise and demonstrate correct body contact techniques

# HELMET INFORMATION

## Inform students that:

- ‘concussion proof’ helmets do not exist
- Helmets are designed to prevent facial injury and skull fractures
- Approved helmets and head gear are to be properly worn with chin straps done up in activities with a risk of head injury.

# PREVENTION: EQUIPMENT PURCHASE INSPECTION AND USE

## All protective equipment is:

- Approved by a recognized Equipment Standards Association
- Inspected on a regular basis, maintained, repaired and replaced when appropriate.
- Inform students/athletes and check that the equipment is used according to manufacturers' directions.

# RESOURCES FOR CONCUSSION

ThinkFirst - a national organization dedicated to the prevention of brain and spinal cord injuries

Parent Information:

<http://www.thinkfirst.ca/downloads/concussion/concussion-parent.pdf>

Athlete Information:

<http://www.thinkfirst.ca/downloads/concussion/concussion-informationathletes.pdf>

General Information:

<http://www.thinkfirst.ca/downloads/concussion/Concussion%20Handout%20for%20Families%20and%20Caregivers.pdf>

# ACCESS TO THE ONTARIO PHYSICAL EDUCATION SAFETY GUIDELINES

- Access to the Physical Education Safety Guidelines is through the website [www.ontariosafetyguidelines.ca](http://www.ontariosafetyguidelines.ca)
- Subscribers can access both English and French versions
  - Subscribing School Boards have a board-specific password to access the site
  - Password is obtained from your board's HPE or Safety consultants. (Ophea does not give out Board passwords)

More information is available at [www.ophea.net/safety](http://www.ophea.net/safety)

# ACCESSING THE GUIDELINES

Lignes directrices sur la sécurité en éducation physique de l'Ontario Élémentaire et secondaire - Windows Internet Explorer

http://safety.ophea.net/

File Edit View Favorites Tools Help

Favorites Customize Links Windows Marketplace

Lignes directrices sur la sécurité en éducation physique...

Page Safety Tools

**Ophea**  
Healthy Schools  
Healthy Communities

>> ENGLISH FRANÇAIS

## Ontario Physical Education Safety Guidelines

### Curricular, Interschool and Intramural Activities

The Ontario Physical Education Safety Guidelines (Safety Guidelines) represent the minimum standards for risk management practice for schools boards. They focus the attention of teachers, intramural supervisors and coaches onto safe practices, in every activity, in order to minimize the element of risk

[Click here](#) for a list of the changes made to the Safety Guidelines for the 2011/2012 year.

You can search, download activity cards or download the entire modules by clicking on the appropriate panel (Elementary or Secondary) below.

Elementary

Secondary

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# ACCESSING THE GUIDELINES



» ENGLISH FRANÇAIS

## User account

Most School Boards in Ontario have subscribed to the online Safety Guidelines and their related services. These school boards have copyright and may copy and distribute them within their board at their discretion.

A board-specific password is required to access the Safety Guidelines website and can be obtained by contacting your board's Safety contact. For further assistance please e-mail [safety@ophea.net](mailto:safety@ophea.net).

If you are interested in accessing the Safety Guidelines but are currently not a subscriber, contact [safety@ophea.net](mailto:safety@ophea.net) for more information.

School Board:

Select your School Board from the list to acquire your username.

Username: \*

Password: \*

Enter the password that accompanies your username.

Log in

Click on the drop-down arrow to find your Board

Then type in your Safety password to gain access

# ACCESSING THE GUIDELINES

The screenshot shows the Ophelia website interface. At the top left is the Ophelia logo with the tagline "Healthy Schools Healthy Communities". To the right of the logo are links for "» ENGLISH" and "FRANÇAIS". Further right are links for "MODIFY THE SAFETY GUIDELINES", "CONTACT US", "FAQ'S", and "LOGOUT". Below this is a yellow navigation bar with links for "Home", "Elementary", "Secondary", "Professional Development", and "Ask an Expert". The "Elementary" link is circled in red. Below the navigation bar is a sidebar with three buttons: "CURRICULAR" (blue), "INTERSCHOOL" (yellow), and "INTRAMURAL" (yellow). The "CURRICULAR" button is also circled in red. The main content area is titled "Elementary - Curricular" and features a search box. The search box contains the text "Badminton" and has a dropdown arrow on the right. A red arrow points to this dropdown arrow. Below the search box is a "Go" button and a "view all" link. On the right side of the page, there are two sections: "GENERIC SECTION" with a link to "Generic Section" and "APPENDICES" with a list of links: "Appendix A - Sample Letter to Parents/Guardians", "Appendix B - Sample First Aid Kits", "Appendix C - Emergency Action Plan", "Appendix D-1 - Physical Activity and Sport-Related Concussion", "Appendix D-2 - Sample Request to Resume Physical Education - Concussion-Related Injuries", and "Appendix E -".



# QUESTIONS?

[www.ontariosafetyguidelines.ca](http://www.ontariosafetyguidelines.ca)

Click on "Ask an Expert"





# REFLECTION PAGE

Take a minute to jot down a few points and then turn to an elbow partner and share your ideas.



Thank you!

