

Concussion Awareness

A concussion may be caused by a jarring impact to the head, face, neck or body, With an impulsive force transmitted to the head, that causes the brain to move rapidly and hit the walls of the skull (for a visual description of how a concussion occurs consult:

<https://www.youtube.com/watch?v=zCCD52Pty4A>

To access the Parachute Concussion Guide for Coaches and Trainers to help you further understand concussions, please [CLICK HERE](#)

Coaches Responsibilities:

Please inform student athletes and their parents about the seriousness of concussions and the signs and symptoms of concussions. Coaches should discuss this with their athletes; and inform parents by using the Permission Form for Athletic Activities – which includes a parent information section on concussions.

The Permission Form for Athletic Activities can be found on the Employee Portal:

<https://tcdsbcec.sharepoint.com/sites/HealthOutdoorPhysEd>

- Follow the Concussion Code of Conduct, and have student athletes follow the Concussion Code of Conduct (see below).
- Be aware of and follow the Concussion Protocols. The Athletic booklet is accompanied by copies of the Concussion Recognition Tool, and the Concussion Guide for Coaches and Trainers. You can find a copy of the full Concussion Protocol's Document on the Employee Portal:
<https://tcdsbcec.sharepoint.com/sites/HealthOutdoorPhysEd>.

*****NEW*** HIT, STOP, SIT**

In the event that any student athlete suffers a blow to the head, face or neck, or a blow to the body causing a sudden jarring of the head (e.g., a ball to the head, colliding with another person) there must be an immediate stoppage of play. Both teams will go to their benches. The student who was hit must sit on the bench where the coach will use the Concussion Recognition Tool to assess the student athlete for signs or symptoms of possible concussion. ***Coaches can access the Concussion Recognition Tool here: [CONCUSSION RECOGNITION TOOL](#)**

Hit, Stop, Sit – Steps:

- Student is hit, collides or suffers any blow to the head or body.
- Convenor will allow a technical time out – 5 minute minimum
- All student athletes return to their bench, student who was hit must sit with the coach.
- Coach will perform an assessment on the injured student, no matter how minor the hit appeared.

- If NO concussion is suspected, the student may then return to play after the 5 minute time out.
- If concussion is suspected, the student must NOT return to play. The coach must follow emergency first aid response as set out in TCSDB Concussion Protocol.

CONCUSSION CODE OF CONDUCT

Prior to the sport season/intramural activity beginning of the school year, Teacher/Coach/Supervisor should inform students/athletes about:

- * The seriousness of concussion and the signs and symptoms of concussion.
- * The importance of respecting and following the rules of the game and practicing fair play.
- * The importance of practicing good sportsmanship, respecting their opponents and officials at all times.
- * 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 encouraging a teammate with signs or symptoms of a concussion to remove themselves from the activity and to inform the teacher/coach/supervisor.
- * The importance of informing the teacher/coach/supervisor when a classmate/teammate/opponent has signs or symptoms of a concussion.
- * The importance of discouraging others from pressuring injured students/athletes to play/participate.

During the physical activity unit/sport season/intramural activity, the Teacher/Coach/Supervisor should:

- * Demonstrate safe contact skills during controlled practice sessions prior to competition.
- * Demonstrate respect for the mutual safety of fellow athletes (For example, no hits to the head, follow the rules and regulations of the activity).
- * Report any sign or symptom of a concussion immediately to the teacher/coach/supervisor from a hit, fall or collision.
- * Encourage teammates/fellow students to report sign(s) or symptoms of a concussion and to refrain from pressuring students/athletes to play.