Limestone District School Board Concussion Protocol

Student receives a blow to the head, face, or neck, or a blow to the body that transmits a force to the head, and as a result may have suffered a concussion.

Student conscious

Teacher/coach/supervisors stop activity & initiate emergency action plan

Conduct initial concussion assessment using the "Tool to Identify Suspected Concussion"

Concussion not suspected

Student does not return to play that day

Teacher/coach/supervisor contact parent/ guardian & provide signed "Tool to Identify Suspected Concussion"

Parent/guardian continues monitoring for 24-48 hours

Concussion suspected

Student does not return to play that day

Student unconscious/ seizures/convulsions

Teacher/coach/supervisors stop activity & initiate emergency action plan & call 911

Teacher/coach/supervisor contact parent/guardian regarding the injury & the need to pick up the student. Provide a signed copy of the "Tool to Identify Suspected Concussion" & "Documentation of Medical Examination"; inform principal of suspected concussion

Principal informs relevant school staff & designates lead school staff

Parent/guardian has the child examined by a medical doctor or nurse practitioner as soon as possible that day & returns "Documentation of Medical Examination" to school

Concussion not diagnosed

Student returns to regular activity & learning

Concussion diagnosed

Step 1

Home Rest: Principal informs staff of concussion and identifies members of collaborative team (and lead if not already established).

Student completes cognitive & physical rest at home. Parent/guardian completes Step 1: "Documentation for a Diagnosed Concussion - Return to Learn/Physical Activity"

Step 2A

Return to Learn (with symptoms): Parent/ guardian completes and signs Step 2A Return to Learn on "Documentation for a Diagnosed Concussion: Return to Learn/Physical Activity"

Step 2B

Step 2: Return to Physical Activity Return to Learn (symptom-free): Student begins regular learning activities, but only partakes in light, individual physical activity at home

Step 2B

Student will require individualized classroom strategies and/or approaches. See "Return to Learn Accommodations & Strategies for the Classroom Teacher"

Step 2

Return to physical activity: Parent/Guardian completes Step 2 "Documentation for a Diagnosed Concussion: Return to Learn/Physical Activity"

Step 3

Return to physical activity at school (individual activity only)

Step 4

Begin physical activities with no body contact, light resistance weight training, non-contact practice, and non-contact sport-specific drills

Teacher(s)/coach(es) sign off that the student completed Step 3 and 4, and is symptom-free. This form is given to the parent/guardian.

Parent/guardian must take the form to a medical doctor or nurse practitioner for an examination & signature.

Step 5

Student may resume regular physical education/ intramural activities/interschool activities in non-contact sports and full training/practices in contact sports.

Parent/guardian signs the completion of Step 5 to indicate that the student may resume full participation in contact sports with no restrictions

Step 6

Student resumes full participation in all physical activity including contact sports

At every step, the student is monitored for the return of concussion signs and/or symptoms and/ or deterioration of work habits or performance. If they return, the student must be examined by a medical doctor or nurse practitioner at this point to determine which step in return to learn/physical activity process the student must return.

Continued monitoring to end of Step 6

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