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## Purpose/Background

Rocky View Schools is committed to maintaining the health of students within the school community and believes that participating in activities organized by Rocky View Schools personnel can lead to better health. Physical activities have an inherent risk of injury including concussion. Rocky View Schools recognizes that concussions are a significant health issue because of their potential short- and long-term consequences. Rocky View Schools therefore enacts these protocols as tools to help prevent, recognize and properly treat concussions which may occur in our activities.

Rocky View Schools will endeavour to have all participants follow all treatment protocols, return to learn/work protocols and return to play protocols.

## Procedures

**The proper treatment of a concussion is more important than participation in any sport/activity/school learning environment during the healing process.**

- a. In this document, the **definition of concussion** comes from the 2012 Zurich consensus statement on concussion in sport:

*Concussion is a brain injury and is defined as a complex pathophysiological process affecting the brain, induced by biomechanical forces.*

In plain language, a concussion:

- Is a brain injury that causes changes in how the brain functions, leading to symptoms that can be physical (e.g. headache, dizziness), cognitive (e.g. difficulty concentrating or remembering), emotional/behavioural (e.g. depression, irritability) and/or related to sleep (e.g. drowsiness, difficulty falling asleep);
  - May be caused either by a direct blow to the head, face or neck, or a blow to the body that transmits a force to the head that causes the brain to move rapidly within the skull;
  - Can occur even if there has been no loss of consciousness (in fact most concussions occur without a loss of consciousness), and,
  - Cannot normally be seen on x-rays, standard CT scans or MRIs.
- b. **Suspected concussion** means the recognition that an individual appears to have either experienced an injury or impact that may result in a concussion, or is exhibiting unusual behaviour that may be the result of concussion.
- c. **Concussion diagnosis** means a clinical diagnosis made by a medical doctor or nurse practitioner. It is critical that an individual with a suspected concussion be examined by a medical doctor or nurse practitioner.

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## Concussion Management

### Education:

- Every RVS coach will complete the online concussion training course offered through the National Coaching Certification Program (NCCP) prior to coaching any sport. Physical Education teachers, school first aid personnel and school front office staff will also complete the online concussion training course. The name of the online course is Making Head Way, and the link to this course is located here: <https://coach.ca/making-head-way-concussion-elearning-series>
- Parents and student athletes will be given the concussion training course link to complete if they choose.

### Prevention:

- Rocky View Schools requires that all activities within its purview follow the rules of the game and that all rules will be consistently enforced to effectively ensure safe play.
- All Rocky View Schools' staff and participants, including community coaches, will always behave in an ethical manner.

### Identification:

Identification of a concussion is crucial to the overall management and health of the injured student. Being able to recognize the symptoms of a potential concussion is the first step in recovery. For a summary of concussion management including the signs and symptoms of a concussion, click on this link: <http://cattonline.com/overview-what-is-a-concussion/>

Rocky View Schools requires that Concussion Action Plan (CAP) information be shared with school staff and be available and implemented at all activities and events in case of a concussion or suspected concussion. A Concussion Action Plan is a step-by-step process to determine whether an individual appears to have either experienced an injury or impact that may result in a concussion, or is behaving unusually that may be a result of concussion. A Concussion Action Plan (CAP) will allow proper care for students when a suspected concussion occurs. The CAP will provide appropriate direction to all individuals. A link to the CAP Protocol can be found here:

[http://www.sportmedab.ca/uploads/files/Documents/ACA/CAP\\_Feb18%201.pdf](http://www.sportmedab.ca/uploads/files/Documents/ACA/CAP_Feb18%201.pdf)

School to contact parent/guardian when the child hits their head.

### Documentation of Incident:

Rocky View Schools requires that a School Accident Report be used to record the details of the incident. The link can be found here: <https://www.rockyview.ab.ca/staff/risc>

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**Concussion Management and Return to School/Play/Activity:**

Once a student has been diagnosed with a concussion, the attending physician is requested to develop a return to school or activity program specific to the severity of the injury sustained. The doctor's orders are to be followed to ensure that the student has every opportunity to regain their health and the ability to return to school or activity. The Alberta Concussion Alliance has developed guidelines specific to the student returning to school and returning to the activity. These guidelines can serve as a reference for staff as the student recovers but should not be used to replace doctor's orders.

*Reference:*

- RVS AP 315 Illness/Injury at School
- RVS AP 316 Administering Medication or Medical Treatment to Students
- RVS AF 315A Student Accident Report
- Education Act Section 31, 32, 33, 52, 53, 196, 197, 204, 222, and 225
- Emergency Aid Act