



In November 2017, the Government of Manitoba passed Bill 37: The Concussion in Youth Sport Act. The Bill required school boards to adopt return-to-play-and-learn protocols. It is PRSD's responsibility to ensure the physical and emotional safety of all students. This procedure recognizes that head injury may occur during school events but may also take place outside of the school jurisdiction but may still affect play and learning during the school day. This procedure outlines the proactive educational processes and the responsive safety processes for students, parents, coaches, and staff.

HEAD INJURY-CONCUSSION

PRSD recognizes that some students may sustain a head injury at school that results in a concussion or may be attending school after a recent head injury that results in a concussion. PRSD acknowledges the serious nature of a concussion and how physical activity and cognitive activity during the recovery period may impact the student.

Staff or volunteers who become aware of a student who has suffered a head injury shall notify the parents/guardians as described in the concussion procedure. Parents/guardians should then have a medical practitioner examine the student and determine the extent of the injury. School administration shall also be informed immediately so that the procedures for Return to Learn/Return to Play can be implemented after medical notification is received.

In the absence of a note from a medical practitioner, school staff will exercise caution. This may include limiting or removing recess, active physical education time, school sports events, etc. until a doctor's note is produced clearing the student for full school activity involvement.

HEAD INJURY RECOGNITION

Diagnosis of concussion should be made by a medical practitioner. Staff, coaches, volunteers, administrators should recognize and report any students who incur a head injury and/or demonstrate or report concussion related symptoms.

Signs and symptoms may include:

- Headache
- Dizziness
- Ringing in the ears
- Sleepiness
- Loss of vision
- Stomachache, nausea
- Poor coordination or balance
- Easily distracted/Poor concentration
- Strange or inappropriate emotions (ie. laughing, crying, getting mad easily)



COMMUNICATION AND EDUCATION

Concussion education of all sports stakeholders within PRSD will occur on an annual basis. This will include communication to students, parents, coaches, officials, teachers, and trainers on:

- Definition of concussion
- Possible mechanisms of injury
- Common signs and symptoms
- Preventative steps
- Point of injury procedures
- Review of PRSD policy and protocols

The following information sheets will be accessible to schools to provide to the stakeholder groups.

- Concussion Education Sheet
- Concussion Guidelines for Coaches and Trainers
- Advisory Notice of Head Injury
- Medical Assessment Letter
- Medical Clearance Letter
- MSBA/MHSAA Concussion Protocol

The PRSD Physical Education/Health consultants will provide an annual reminder to school administration and physical education staff to communicate the information to students, parents, coaches, officials, and trainers.

Coaches of high impact sports will review the pre-season concussion education sheet and will maintain signed copies from all athletes and parents.

MEDICAL ASSESSMENT

When a staff member, volunteer, or administrator becomes aware of a student who has suffered a head injury with any symptoms of a concussion, the parents/guardians shall receive an *Advisory of Head Injury* and a *Medical Assessment Letter*. Parents/guardians should then have a medical practitioner examine the student and determine the extent of the injury. The *Medical Assessment Letter* should be completed by the medical practitioner and returned to the school.

Students who are cleared for physical activities by a medical practitioner should provide a copy of the *Medical Clearance Letter* to the school.

CONCUSSION MANAGEMENT

Upon receipt of the Advisory notice or other documentation from a medical practitioner, the school will implement the Return to Learn/Return to Play procedure as recommended by the practitioner. The procedure should be used to help students make a gradual return to school/sport activities. Depending on the severity and type of the injury, students will progress through the stages at different rates. If the student experiences new symptoms or worsening symptoms at any stage, they should go back to the previous stage.