***Exceptional Education***

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**Concussion Information Form**

When participating in any sport there is a risk of concussion. Your brain is a soft organ that is surrounded by spinal fluid and protected by your hard skull. Normally, the fluid around your brain acts like a cushion that keeps your brain from banging into your skull. But if your head or your body is hit hard, your brain can crash into your skull and be injured. With “contact” sports such as rugby you will have tackling as the increased risk of concussion. But with “non-contact” sports such as volleyball and basketball you will still have contact with the floor (diving), accidental contact with opposing athletes (under the basket or at the net).

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/behavioral (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.

Concussion Diagnosis: Concussion is the term for a clinical diagnosis that is made by a medical doctor or a nurse practitioner. Since a medical doctor or nurse practitioners are the only health professionals able to diagnose concussions, educators, school staff, or volunteers cannot make the diagnosis of concussion. In the best interest of the child it is critical that a medical doctor or nurse practitioner examine a student with a suspected concussion. Without medical documentation the student's participation in learning or physical activities will be restricted. This decision resides with the school Principal.

Note: It should also be noted that injuries that result from a second concussion may lead to "Second Impact Syndrome", which is a rare condition that causes rapid and severe brain swelling and often catastrophic results, if an individual suffers a second concussion before he or she is free from symptoms sustained from the first concussion.

Prevention and Minimizing the Risk of Concussions: Education is the prime factor in supporting the prevention of a concussion. Any time a student/athlete is involved in physical activity there is a chance of sustaining a concussion. Therefore, it is important to take a preventative approach when dealing with concussions. Prior to the activity school staff (includes administration staff, teaching staff, support staff, coaches, volunteers, etc.) must meet with participants to provide instruction on strategies for preventing and minimizing the risk of sustaining a concussion and other head injuries.

## Return to play guidelines: Return to play after concussion should follow a six-step process:

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| **Stage** | **Activity** | **Objective** |
| **1. No activity** | Symptom limited physical and cognitive (e.g. mental) rest (see above) | Recovery |
| **2. Light aerobic exercise** | Walking, swimming or stationary bicycle keeping intensity less than 70% of maximum predicted heart rate; no resistance training | Increase heart rate |
| **3. Sport-specific exercise** | Skating drills in ice hockey, running drills in soccer.  No head impact activities | Add movement |
| **4. Non-contact training drills** | Progression to more complex training drills, e.g. passing drills in football and ice hockey; may start progressive resistance training | Exercise, coordination and use of brain |
| **5. Full contact practice** | **Following medical clearance**, participate in normal training activities | Restore [confidence](http://www.momsteam.com/node/2581) and allow coaching staff to assess functional skills |
| **6. Return to play** |  Normal game play |   |

Read more: <http://www.momsteam.com/health-safety/return-to-play/concussion-return-to-play-step-by-step-approach-recommended?page=0%2C1#ixzz4J8Eg8hOv>

At this time, it is required that the CCHS Athletic Department have documentation that we have informed parents of the assumed risk of concussion in sport and the proper protocol to return to play. Official documentation has not been created by Palliser School division but as a proactive school, County Central High School has temporarily set up this Concussion Information Form. Please note: When official documentation comes in, you will need to sign those forms for your child to be eligible to play. We apologize for the inconvenience.

A free online course is provided by the ASAA. Please go to <https://www.schoolcoach.ca/courses.aspx> for more information. All CCHS coaching staff are required to take this course.

We have read and understand the “Assumed risk of concussion in Sport” and “Return to play guidelines after concussion”.

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Parent Signature Student Name

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