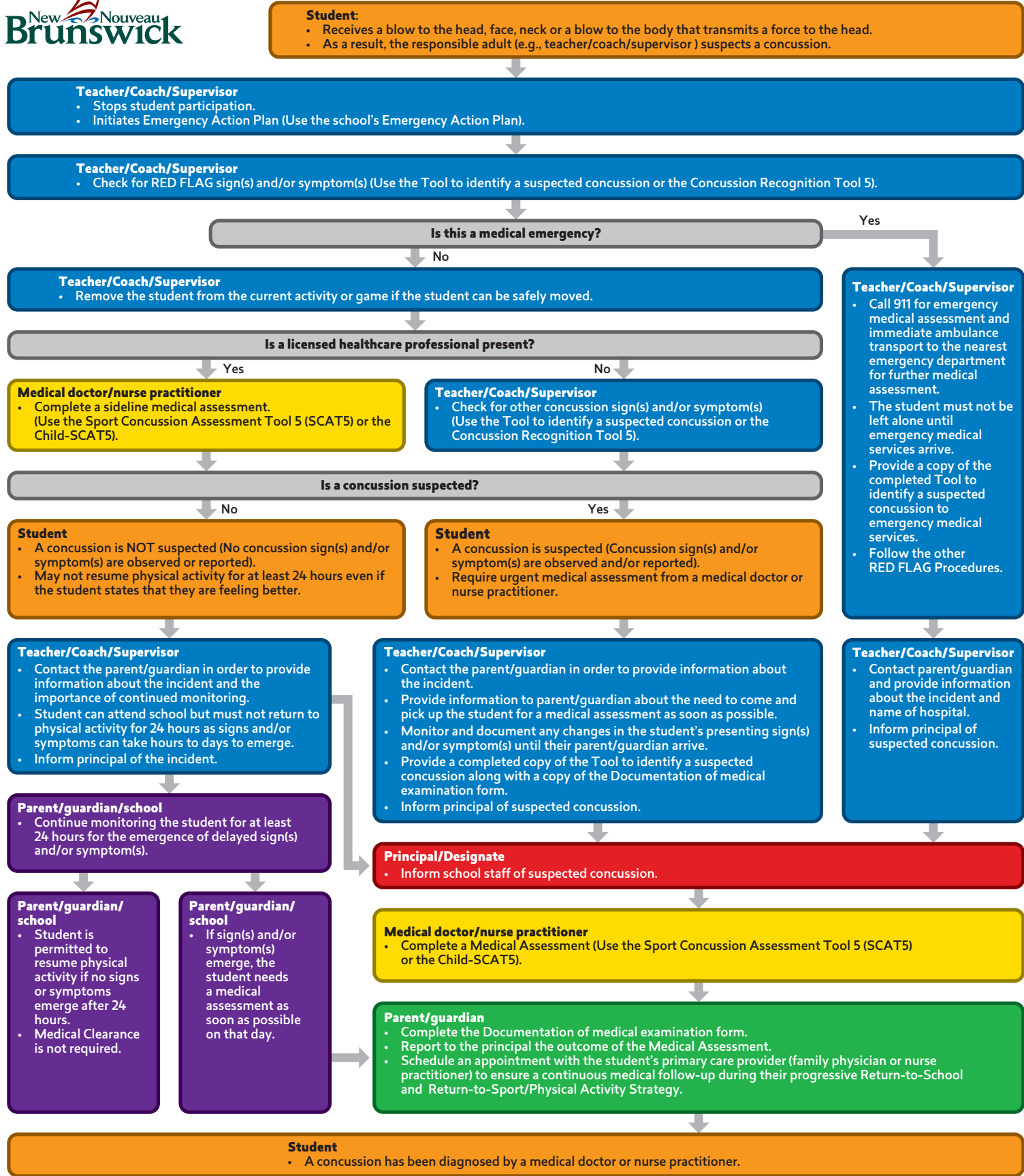


Decision-Making Pathway for Concussions

Steps and Responsibilities: Identifying a Suspected Concussion



- Student
- Parent/Guardian/School
- Principal/Designate
- Parent/Guardian
- Teacher/Coach/Supervisor
- Medical Doctor/Nurse Practitioner

CONTINUED ON
OTHER SIDE

Decision-Making Pathway for Concussions

Steps and Responsibilities: Diagnosed Concussion



Student

- Begins the medically supervised gradual Return-to-School and Return-to-Sport/Physical Activity Strategy.

Principal/Designate

- Inform all school staff who works with the concussed student of the diagnosis.
- Establish the collaborative team along with a designated lead.
- Meet with the parent/guardian to:
 - Receive a completed copy of the Documentation of Medical Examination form.
 - Explain the importance of completing home preparations before returning to school.
 - Provide a copy of the Return-to-School Strategy, Return-to-Sport Strategy and Return of Symptoms forms.

Student

- Begins medically supervised gradual Return to School and Return to Sport/Physical Activity Strategy.

Parent/guardian

- Contact the principal/designate once the student has:
 - Completed Stage A and Stage B of the Return to School Strategy and;
 - Completed at least Stage 1 of the Return to Sport/Physical Activity Strategy.

Principal/Designate

- Meet with the parent/guardian to:
 - Explain the school's role in supporting the student's progression through each step of the Return-to-School and Return-to-Sport/Physical Activity Strategy.
 - Provide a copy of the Individualized Learning Accommodations Following a Concussion form.
 - Inform them of the Collaborative Team participants and the parent/guardian role on the team.
 - Encourage open communication to help complete the remaining steps with a Collaborative Team approach.

Student

- Returns to school.
- Conference with the designate to identify which learning accommodations are required based on post-concussion symptoms.

Return-to-School - Stage C

- The student attends school part-time as an observer with maximum usage of learning accommodations.

The student may proceed directly to Stage D, unless advised otherwise.

Return-to-School - Stage D

- The student attends school part-time with moderate usage of learning accommodations.
- The student may gradually increase their academic activities.

Return-to-School - Stage E

- The student may work towards a full day at school with minimal usage of learning accommodations.

The student may proceed directly to Stage F, unless advised otherwise.

Return-to-School - Stage F

- The student attends school full-time with no learning accommodations.
- The student may gradually resume their regular academic activities and catch up on missed school work.
- The Return-to-School Strategy is complete.

Student

- Continues to progress gradually through the remaining stages of the Return to Sport/Physical Activity Strategy.

Return-to-Sport/Physical Activity - Stage 2

- The student may complete individual light aerobic physical activity to increase their heart rate.

Return-to-Sport/Physical Activity - Stage 3

- The student may complete individual sport-specific physical activity to add movement.

Return-to-Sport/Physical Activity - Stage 4

- The student may complete non-contact training drills to add coordination and increased cognitive load.

Principal/Designate

- Report to a parent/guardian the student's completion of Return to School - Stage F and Return to Sport/Physical Activity - Stage 4.

Parent/guardian

- Provide the principal with a Return-to-Sport/Physical Activity Strategy form with the Medical Examination section signed by a parent/guardian.

Return-to-Sport/Physical Activity - Stage 5

- The student may engage in full participation in physical activity (physical education, intramurals or interschool) during contact practice and/or non-contact sport competition.

Return-to-Sport/Physical Activity - Stage 6

- The student may fully participate in any physical activity, practice or sport competition with or without contact
- The Return-to-Sport Strategy is complete.

If the student exhibits or reports any new or worsening signs or symptoms, the student must obtain a Medical Clearance reassessment.

- The student is monitored for any new or worsening signs and/or symptoms by both school and parent/guardian.
- The student is monitored for any deterioration of work habits or academic performance by both school and parent/guardian.
- If the student is unable to tolerate recommended activities at any specific stage, they should go back to the previous stage for at least 24 hours.
- The student may need to move back a stage more than once during their recovery process.
- The student's progress is documented with results shared between school and home at the completion of each stage.