

Concussion Guidelines for Parents/Caregivers

The Sudbury Catholic District School Board is committed to supporting the implementation of the Concussion Policy as per the Ontario Ministry of Education policy No. 158.

What is a concussion?

A concussion is a brain injury that cannot be seen on routine x-rays, CT scans, or MRIs. It affects the way your child may think and remember things, and can cause a variety of symptoms.

What are the symptoms and signs of concussion?

Your child does not need to be knocked out (lose consciousness) to have had a concussion.

THINKING PROBLEMS	CHILD'S COMPLAINTS	OTHER PROBLEMS
<ul style="list-style-type: none"> • Does not know time, date, place, period of game, opposing team, score of game • General confusion • Cannot remember things that happened before and after the injury • Knocked out 	<ul style="list-style-type: none"> • Headache • Dizziness • Feels dazed • Feels “dinged” or stunned; “having my bell rung” • Sees stars, flashing lights • Ringing in the ears • Sleepiness • Loss of vision • Sees double or blurry • Stomachache, stomach pain, nausea 	<ul style="list-style-type: none"> • Poor coordination or balance • Blank stare/glassy eyed • Vomiting • Slurred speech • Slow to answer questions or follow directions • Easily distracted • Poor concentration • Strange or inappropriate emotions (ie. laughing, crying, getting mad easily) • Not playing as well

What causes a concussion?

Any blow to the head, face or neck, or a blow to the body which causes a sudden jarring of the head may cause a concussion (ie. a ball to the head, being checked into the boards in hockey).

What should you do if your child gets a concussion?

Your child should stop playing the sport or activity right away. They should not be left alone and should be seen by a doctor as soon as possible that day.

***WHAT YOU NEED TO DO - When should I take my child to the doctor?
Every child who gets a head injury must be seen by a doctor or nurse practitioner***

If the school calls you about an incident:	If a concussion is diagnosed:
You are asked to see a doctor or nurse practitioner to give medical clearance for the student to come back to school. Form “Student Medical Clearance following Suspected Concussion” <u>must be signed and returned</u> to the school whether the student has a concussion or not.	The school will work in partnership with the family and medical personnel to follow recommended accommodations.

Problems caused by a head injury can get worse later that day or night. If they seem to be getting worse, you should see your doctor immediately. **No child will go back to the activity until they have been cleared to do so by a doctor.**

How long will it take for my child to get better?

The signs and symptoms of a concussion often last for 7-10 days but may last much longer. In some cases, it may take many weeks or months to heal. Having had previous concussions may increase the chance that a person may take longer to heal.

How is a concussion treated?

The most important treatment for a concussion is rest. The child should not exercise, go to school or do any activities that may make them worse, like riding a bike, play wrestling, reading, working on the computer or playing video games. If your child goes back to activities before they are completely better, they are more likely to get worse, and to have symptoms longer. Even though it is very hard for an active child to rest, this is the most important step. It is important to follow medical documentation.

Once your child is completely better at rest (all symptoms have resolved), they can start a step-wise increase in activities, under a doctor or nurse practitioner's supervision. It is important that your child is seen by a doctor before he/she begins the steps needed to return to activity, to make sure he/she is completely better.

When can my child return to school?

Sometimes children who have a concussion may find it hard to concentrate in school and may get a worse headache or feel sick to their stomach if they are in school. Children should stay home from school if their symptoms get worse while they are in class. Once they feel better, they can try going back to school part time to start (following the medical advice).

When can my child return to sport/activity?

It is very important that your child not go back to sports/activity if he/she has any concussion symptoms or signs. Return to sport and activity must follow a step-wise approach under medical supervision:

Step 1) No activity, complete rest. once back to normal and cleared by a doctor, go to step 2.

Step 2) Light exercise such as walking or stationary cycling.

Step 3) Sport specific aerobic activity (ie. skating in hockey, running in soccer), no contact.

Step 4) "On field" practice such as ball drills, shooting drills, and other activities with NO contact (ie. no checking, no heading the ball, etc.).

Step 5) "On field" practice with body contact, once cleared by a doctor.

Step 6) Game play.

Note: Each step must take a minimum of one day. If your child has any symptoms of a concussion (e.g. headache, feeling sick to his/her stomach) that come back either during activity, or later that day, your child should stop the activity immediately and rest until symptoms resolve, for a minimum of 24 hours. Your child should be seen by a doctor and cleared again before starting the step wise protocol again.

Myths	Facts
As long as my child rests, it is not necessary to see a doctor	Concussions are injuries - they are best treated by someone with experience
As long as I keep my child out of sports until she's better, she can do anything else	Concussions require mental and physical rest, beyond avoiding the activity where the concussion occurred

For more information on concussions visit:

Concussions Ontario: www.concussionsontario.org

Ophea: safety.ophea.net

Parachute: www.parachutecanada.org/active-and-safe

Ontario Government: www.ontario.ca/concussions

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Adapted from parachute.org