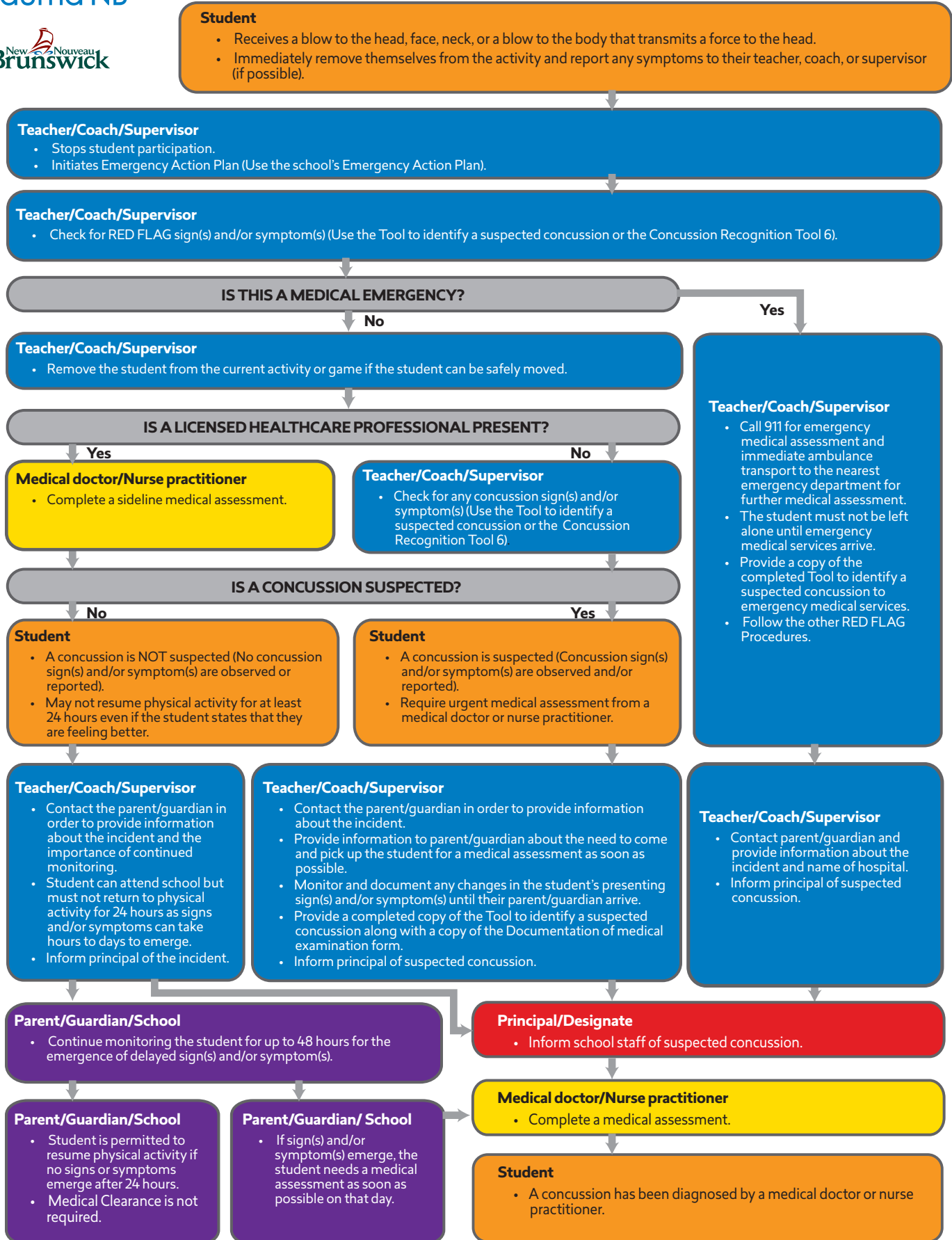




# Decision-Making Pathway for Concussions

## Steps and Responsibilities: Identifying a Suspected Concussion



■ Student    
 ■ Parent/Guardian/School    
 ■ Principal/Designated School Staff Lead  
■ Parent/Guardian    
 ■ Teacher/Coach/Supervisor    
■ Medical Doctor/Nurse Practitioner

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# Decision-Making Pathway for Concussions

## Steps and Responsibilities: Identifying a Suspected Concussion

### Parent/Guardian

- Complete the Documentation of medical examination form.
- Report to the principal the outcome of the Medical Assessment.
- Schedule an appointment with the student's primary care provider (family physician or nurse practitioner) to ensure a continuous medical follow-up during their progressive 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 and Return-to-Sport/Physical Activity documentation forms.

### Student

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

### Parent/Guardian

- Contact the principal/designate once the student has:
  - Completed Step A and Step B of the Return-to-School Strategy and;
  - Completed at least Step 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.
- Continues to progress gradually through the remaining steps of the Return-to-School and Return-to-Sport/Physical Activity Strategies.

### Return-to-School - Step 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 - Step D

- The student attends school with learning accommodations.
- The student may gradually increase their academic activities.
- The student may work towards a full day at school without the usage of learning accommodations.

### Return-to-School - Step E

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

### Return-to-Sport/Physical Activity - Step 2

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

### Return-to-Sport/Physical Activity - Step 3

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

### Principal/Designate

- Report to a parent/guardian the student's completion of the Return-to-School - Step E and the Return-to-Sport/Physical Activity - Step 3.

### Parent/Guardian

- Provide the principal/designate with their copy of the Return-to-Sport/Physical Activity documentation form with the Medical Examination section signed by a parent/guardian

### Return-to-Sport/Physical Activity - Step 4

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

### Return-to-Sport/Physical Activity - Step 5

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

### Return-to-Sport/Physical Activity - Step 6

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

**If the student exhibits or reports a recurrence of symptoms during Steps 4 to 6, the student must return to Step 3 to establish full resolution of symptoms with exertion.**

**Once that is achieved, a Medical Clearance will be required again before progressing to Step 4.**

- The student is monitored for any new or worsening signs and/or symptoms by both school and parent/guardian.
- The student monitored for any deterioration of work habits or academic performance by both school and parent/guardian.
- Each step must take a minimum of 24 hours before progressing to the next but could last longer depending on the severity and type of symptoms present.
- The student's progress is documented with results shared between school and home at the completion of each step.