

Decision-Making Pathway for Concussions Steps and Responsibilities: Identifying a Suspected Concussion



Student

- Receives a blow to the head, face, neck, or a blow to the body that transmits a force to the head.
- Immediately remove themselves from the activity and report any symptoms to their teacher, coach, or supervisor

No 🌗

Yes

Teacher/Coach/Supervisor

- Stops student participation
- Initiates Emergency Action Plan (Use the school's Emergency Action Plan)

Teacher/Coach/Supervisor

Check for RED FLAG sign(s) and/or symptom(s) (Use the Tool to identify a suspected concussion or the Concussion Recognition Tool 6).

IS THIS A MEDICAL EMERGENCY?

No

Teacher/Coach/Supervisor

Yes

Remove the student from the current activity or game if the student can be safely moved.

IS A LICENSED HEALTHCARE PROFESSIONAL PRESENT?

Medical doctor/Nurse practitioner

• Complete a sideline medical assessment.

Teacher/Coach/Supervisor

Check for any concussion sign(s) and/or symptom(s) (Use the Tool to identify a suspected concussion or the Concussion Recognition Tool 6).

IS A CONCUSSION SUSPECTED?

No

- A concussion is NOT suspected (No concussion sign(s) and/or symptom(s) are observed or reported).
- May not resume physical activity for at least 24 hours even if the student states that they are feeling better.

- A concussion is suspected (Concussion sign(s) and/or symptom(s) are observed and/or reported).
- Require urgent medical assessment from a medical doctor or nurse practitioner.

Teacher/Coach/Supervisor

Yes

- Call 911 for emergency medical assessment and immediate ambulance transport to the nearest emergency department for further medical assessment
- The student must not be left alone until emergency medical services arrive
- Provide a copy of the completed Tool to identify a suspected concussion to emergency medical services. Follow the other RED FLAG
- Procedures.

Teacher/Coach/Supervisor

- Contact the parent/quardian in order to provide information about the incident and the importance of continued monitoring.
- Student can attend school but must not return to physical activity for 24 hours as signs and/or symptoms can take hours to days to emerge.
- Inform principal of the incident.

Teacher/Coach/Supervisor

- Contact the parent/guardian in order to provide information about the incident.
- Provide information to parent/guardian about the need to come and pick up the student for a medical assessment as soon as
- Monitor and document any changes in the student's presenting sign(s) and/or symptom(s) until their parent/guardian arrive
- Provide a completed copy of the Tool to identify a suspected concussion along with a copy of the Documentation of medical examination form
- Inform principal of suspected concussion.

Teacher/Coach/Supervisor

- Contact parent/guardian and provide information about the incident and name of hospital.
- Inform principal of suspected concussion.

Parent/Guardian/School

Continue monitoring the student for up to 48 hours for the emergence of delayed sign(s) and/or symptom(s).

Principal/Designate

Inform school staff of suspected concussion.

Parent/Guardian/School

- Student is permitted to resume physical activity if no signs or symptoms emerge after 24 hours.
- Medical Clearance is not required.

Parent/Guardian/School

If sign(s) and/or symptom(s) emerge, the student needs a medical assessment as soon as possible on that day.

Medical doctor/Nurse practitioner

Complete a medical assessment.

Student

• A concussion has been diagnosed by a medical doctor or nurse

Parent/Guardian

Parent/Guardian/School Teacher/Coach/Supervisor

Principal/Designated School Staff Lead Medical Doctor/Nurse Practitioner

CONTINUED ON OTHER SIDE



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-Sport/Physical Activity - Step 2

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

Return-to-School - Step D

Return-to-School - Step E

- 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-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.

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- 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.

Payant/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/quardian

- 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.

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.

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.

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