



## *Operating Procedure – Introduction*

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### **Concussion Prevention and Management**

Page 1 of 1

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#### 1.0 POLICY:

Elephant Thoughts requires that student/ participant health and safety is at the highest of important and therefore staff must play a crucial role in the identification of a suspected concussion as well as the ongoing monitoring and management of a student/ participant in a concussion.

Elephant Thoughts recognizes that children and adolescents are among those at greatest risk for concussions and while there is a potential for a concussion any time there is body trauma, the risk is greatest during activities where collision can occur.

Elephant Thoughts recognizes that awareness of the signs and symptoms of concussion and knowledge of how to properly manage a diagnosed concussion is critical in a student's/ participants recovery and is essential in helping to prevent the student/ participant from returning to learning or physical activities too soon and risking further complications.

#### 2.0 PROCEDURE

- 2.1 Staff must understand their roles and responsibilities (a concussion can only be diagnosed by a medical professional).
- 2.2 Staff must understand the seriousness of a concussion, its causes, signs and symptoms.
- 2.3 Staff must implement strategies for preventing and minimizing the risk for sustaining concussions.
- 2.4 Staff must respond appropriately to a suspected concussion.
- 2.5 Staff must follow management procedures for a diagnosed concussion including a plan to return to learn/ return to physical activity.
- 2.6 Staff must incorporate resource materials where appropriate.