

Appendix A



Teachers, Coaches, and Supervisors

Prior to the beginning of the school year/semester; interschool sport season; and/or intramural activity, teachers, coaches and intramural supervisors should:

- be knowledgeable of LDSB s 8074 Student Concussion Management policy and procedures for prevention, identification, and Return to School Plan (Return to Learning and Return to Physical Activity);
- be knowledgeable about safe practices in the activity/sport (for example, the rules and regulations and the specific activity/sport pages in the Ontario Physical Activity Safety Standards in Education);
- be familiar with the risks of a concussion or other potential injuries associated with the activity/sport and how to minimize those risks;
- be up to date and enforce school board/athletic association/referee rule changes associated with minimizing the risks of concussion;
- be up to date with current body contact skills and techniques (for example, safe tackling in tackle football), when coaching/supervising contact activities/sports;



During the physical activity unit; interschool sport season; and intramural activity teachers, coaches, and supervisors should:


- teach skills and techniques in the proper progression;
- provide activity/sport-specific concussion information when possible;
- teach and enforce the rules and regulations of the activity/sport during practices and games/competition (particularly those that limit or eliminate body contact, or equipment on body contact);
- reinforce the principles of head-injury prevention (for example, keeping the head up and avoiding collision);
- teach students/athletes involved in body contact activities/sports about:
 - activity/sport-specific rules and regulations of body contact (for example, no hits to the head); and
 - body contact skills and techniques and require the successful demonstration of these skills in practice prior to competition.
- discourage others from pressuring injured students/athletes to play/participate;
- demonstrate the ethical values of fair play and respect for opponents;
- encourage students/athletes to follow the rules of play, and to practice fair play;
- use game/match officials in higher-risk interschool sports that are knowledgeable, certified and/or experienced in officiating the sport; and
- inform students about the importance using protective equipment (for example, helmets, padding, guards) that is properly guidelines) and properly worn.



Prior to the interschool sports season, coaches must also (as required by Policy/Program Memorandum No. 158: School Board Policies on Concussion):

be knowledgeable of the *Ontario Government's Concussion Awareness Resources E-Booklet*

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During the physical activity unit, interschool sport season, and intramural activity, students should be informed about:

- attending safety clinics/information sessions on concussions for the activity/sport;
- be familiar with the seriousness of concussion and the signs and symptoms of concussion;
- demonstrating safe contact skills during controlled practice sessions prior to competition;
- demonstrating respect for the mutual safety of fellow athletes (for example, no hits to the head, follow the rules and regulations of the activity/sport);
- wearing properly fitted protective equipment;
- immediately reporting any sign or symptom of a concussion after a hit, fall or collision to the teacher/coach/supervisor; and
- encouraging teammates/fellow students to report sign(s) or symptom(s) of a concussion and to refrain from pressuring injured students/athletes to play.

Sample strategies/tools to educate students about concussion prevention information:

- hold a pre-season/-