

(OPHEA).

A concussion is a brain injury that causes changes in the way the brain functions and can lead to a variety of symptoms including physical (e.g., headache, dizziness), cognitive (e.g., difficulty in concentrating or remembering), and emotional/behavioural changes (e.g., depression, irritability), and/or symptoms related to sleep (e.g., drowsiness, difficulty in falling asleep). A concussion may be caused either by a direct blow to the head, face, or neck, or by a blow to the body that transmits a force to the head and causes the brain to move rapidly within the skull.

Due to the seriousness of a concussion, school staff, parents/guardians, and identified school volunteers all have ongoing monitoring and management of a student with a concussion

Concussion Awareness Resources have been developed by the Government of Ontario to improve concussion awareness in amateur competitive sport, particularly with respect to concussion prevention strategies, the signs and symptoms of concussion, and initial response to a suspected concussion. The resources have been tailored to meet the needs of students by age.

All students, parents of non-adult students, coaches, trainers, and staff involved in interschool sports are required to read the Government of Ontario Concussion Awareness Resources. The resources are hyperlinked below and can be accessed from the board website at dpcdsb.org/parents/concussionresources.

[Concussion Awareness Resources](#)

[Ages 10 and Under](#)

[Ages 11-14](#)

[Ages 15 and up](#)

Resources in a variety of languages, supplementary resources, and video modules are also available on the Government of Ontario site, [Concussion Awareness Resources](#)

All students, parents of non-adult students, coaches, trainers, and staff involved in interschool sports are required to read the Government of Ontario Concussion Code of Conduct. Students, parents, coaches, and team trainers must complete an attestation each year confirming that they have reviewed and will abide by the DPCDSB Concussion Code of Conduct before being allowed to participate/train/coach any board-sponsored interschool sports, including tryouts, practices, games, and tournaments. The DPCDSB Concussion Codes of Conduct are hyperlinked below and available on the board website at dpcdsb.org/parents/concussionresources.

[Concussion Code of Conduct for Students Participating in Interschool Sports](#)

[Concussion Code of Conduct for Parents/Guardians of Students \(under age 18\) Participating in Interschool Sports](#)

[Concussion Code of Conduct for Coaches/Trainers/Teachers of Interschool Sports](#)

Copy to be retained by school for current school year, plus one additional year. Subject to inclusion in incident files if an injury occurs.

MUNICIPAL FREEDOM OF INFORMATION AND PROTECTION OF PRIVACY ACT: Information on this form is collected under the legal authority of the Education Act, R.S.O. 1990, c.E.2., as amended. This information will be used for purposes of planning and administering Physical Education programs for students and providing health and safety services in the event of an emergency. Questions regarding the

