TOOL 1.1: Pediatric Concussion: The Role of School Boards, Community Sports Organizations, and Centres

School boards, community sports organizations, and centres must ensure updated policies are in place to recognize and accommodate a child/adolescent who has sustained a concussion.

- Publicize these policies widely among schools, staff, and sports organizations.
- Schools and their staff should be ready to promote the child/adolescent’s safe and effective return-to-school.
- Immediate removal from play/activity is the first step in mitigating prolonged recovery.
- Allow the child/adolescent:
  - Enough time away from school and sport to begin cognitive recovery
  - Accommodations to support cognitive deficits such as additional time for homework and/or exams during recovery

Links to toolkits that are useful for developing school board concussion policies:

- [Ontario Ministry of Education School Board Policies for Concussion](#)
- [SCHOOLFirst Handbook: Enabling successful return to school for Canadian youth following a concussion (Holland Bloorview Kids Rehabilitation Hospital)](#)
- [Pan-Canadian School Concussion Protocol Template: Concussion Protocol Harmonization Project](#)

Links to tools that are useful for informing school policies:

- [An Educator's Guide to Concussions in the Classroom, 2nd Edition](#): Nationwide Children's Hospital, Columbus, OH.
- [Concussion Awareness Training Tool: CATT Online](#)
- [SCHOOLFirst Handbook: Enabling successful return to school for Canadian youth following a concussion (Holland Bloorview Kids Rehabilitation Hospital)](#)
- [Parachute Concussion Series: Concussion Guide for Teachers](#)
- [Advice for gradually resuming activities after a concussion: Institut national d'excellence en sante et en services sociaux (INESSS – Québec)](#)
  - [English handout](#) / [French handout](#)
- [Canadian Guideline on Concussion in Sport Medical Assessment Letter](#)
Link to toolkits that are useful for developing sports organization policies:

- A roadmap for implementing concussion management policies and protocols in sport (Canadian Academy of Sport and Exercise Medicine)
- Advice for gradually resuming activities after a concussion: Institut national d'excellence en sante et en services sociaux (INESSS – Québec)
  *English handout/French handout*
- Parachute: Canadian Guideline for Concussion in Sport

Links to tools that are useful for informing a policy for sports organizations:

- Parachute Concussion Series – After a Concussion: Return-to-Sport strategy
- 2016 Berlin Consensus in Sport Group Statement
- HEADS UP Concussion and Helmet Safety App (Centers for Disease Control and Prevention)
- Concussion Ed – Parachute Concussion Education
- Advice for gradually resuming activities after a concussion: Institut national d'excellence en sante et en services sociaux (INESSS – Québec)
  *English handout/French handout*
- Canadian Guideline on Concussion in Sport Pre-Season Education Sheet (Parachute)
- Concussion recognition tool 5: To help identify concussion in children, adolescents and adults
- Canadian Guideline on Concussion in Sport Medical Assessment Letter