

# Sample Awareness, Education, and Prevention Strategies – Physical Education Teacher/Intramural Supervisors

## Prior to the beginning of the school year/semester and/or intramural activity: ☐☐

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Be knowledgeable about:

- school board's concussion policy and procedures for prevention, identification, and Return to School Plan (Return to Learn and Return to Physical Activity);
- safe practices for the activity/sport (e.g., the rules and regulations and the specific activity/sport pages in the [Ontario Physical Activity Safety Standards in Education](#));
- the risks of a concussion or other potential injuries associated with the activity/sport and how to minimize these risks; and
- the requirements for students to wear a helmet during specific activities. Helmets do not prevent concussions. They are designed to protect against skull fractures, major brain injuries (including bleeding into or around the brain), and brain contusions and lacerations. For more information on helmets consult [Helmet Information](#)

Determine that:

- protective equipment being used is approved by a recognized equipment standards association (e.g., Canadian Safety Standards, National Operating Committee on Standards for Athletic Equipment), is well maintained, and is visually inspected prior to the activity

# At the beginning of the school year/semester and/or intramural activity:☒☒

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## Communicate with students about:

- General concussion information:
  - definition
  - seriousness of concussions
  - causes
  - signs and symptoms
  - identification procedures
  - Return to School plan
- Information about the activity:
  - the general risks of a concussion associated with the activity/sport
  - strategies to minimize risks associated with the activity/sport
  - the dangers and potential long-term consequences of participating in an activity/sport while experiencing the signs and symptoms of a concussion
- The importance of:
  - respecting the rules of the game/activity, ethics of play, always practising good sportsmanship, and respecting peers and teachers/supervisors/monitors
  - demonstrating respect for the mutual safety of fellow students (e.g., follow the rules of the activity/sport)
  - immediately reporting any visible clues (signs) and/or symptoms of a concussion to the teacher/supervisor and removing themselves from the activity/sport after a hit, fall, or collision
  - encouraging a peer with visible clues (signs) and/or symptoms to remove themselves from the activity/sport and to inform the teacher/supervisor

- reporting a peer who has any visible clues (signs) or symptoms of a concussion and refraining from pressuring injured students to participate/play
- using protective equipment that is properly fitted (as per manufacturer's guidelines) and properly worn
- Determine that:
  - when students are permitted to bring their own protective equipment, it is properly fitted (as per manufacturer's guidelines), properly worn, in good working order, and suitable for personal use
  - when students are required to wear a helmet, it is properly fitted (as per manufacturer's guidelines) and properly worn

**Communicate with parents/guardians about:**

- General concussion information:
  - definition
  - seriousness of concussions
  - causes
  - signs and symptoms
  - identification procedures
  - Return to School plan
- Information about the activity:
  - risks associated with the activity
  - activity/sport-specific concussion prevention/mitigation strategies
  - importance of determining that when students are permitted to bring their own protective equipment it is properly fitted (as per manufacturer's guidelines), properly worn, in good working order, and suitable for personal use
  - importance of recognizing and reporting concussion signs and symptoms
  - dangers of participating with a concussion

## During a physical activity unit and/or intramural activity:☒

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- Reinforce and review with students the information regarding concussion education/safety shared at the beginning of the school year/semester and/or during intramural activity (as appropriate). (Refer to section: **Communicate with students about**)
- Provide instruction/information on:
  - principles of head-injury prevention (for example keeping head up, avoiding collision)
  - the rules and regulations of the activity/sport during physical activities (particularly those that limit or eliminate potential body contact or equipment-on-body contact)