

# Concussion Prevention Strategies – School Boards and Athletic Associations

## **Prior to the beginning of the interschool sport season/school year school boards and athletic associations:**

- *must* use the school board process to receive confirmation that officials participating in school board-sponsored interschool sports have reviewed an appropriate Concussion Awareness resource; and
- *should* consider rule changes to the sport to reduce the head injury incidence or severity, where a clear-cut mechanism is implicated in a particular sport.

## **Prior to the beginning of the school year; and/or intramural activity, parents/guardians of student under 18 years of age must be informed of the:**

- risks and possible mitigations of the activity/sport;
- dangers of participating with a concussion;
- signs and symptoms of a concussion;
- school board's identification, diagnosis and management procedures;
- activity/sport-specific concussion prevention strategies;
- importance of encouraging the ethical values of fair play and respect for opponents; and
- importance of determining that, when students/athletes 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.