

Reviewed March 2018



Salesian Secondary College.
Pallaskenry, Co. Limerick.

POLICY STATEMENT ON PHYSICAL EDUCATION

Mission Statement.

The mission of Salesian Secondary College, Pallaskenry, is to provide the best possible education based on Christian/Catholic values, in partnership with parents and within a caring community. This school incorporates the characteristics of Salesian Education as practised by St. John Bosco in his “Preventive System”.

In order to achieve this we aim to provide opportunities for students to:

1. gain skills, knowledge and understanding that will be of lasting value throughout their lives;
2. develop each individual’s talents to the level of his/her personal potential for the benefit of Community and Society;
3. develop the characteristics appropriate to a member of a Christian community, including those of mutual respect and concern for others, irrespective of race, colour, gender or creed;
4. promote the physical and emotional well-being of students by developing self-esteem, personal responsibility and the ability to live and work with others;
5. work with staff committed to these ideals.

Rationale.

The policy exists within the framework provided by the 2016 Looking at our Schools document, our Child Safeguarding Statement and the 2017 Child Protection Guidelines. The policy also reflects our ratified Wellbeing Policy and our Healthy Eating Policy.

Physical Education is an integral part of the curriculum as it can provide all students with enjoyable and worthwhile learning opportunities where they develop the movement skills and competencies to participate and perform in a variety of physical activities competently, confidently and safely.

PE builds students’ motivation in and commitment to physical activity and sport within and beyond school. It can encourage students to get involved in both participation and leadership roles, irrespective of their previous experiences of or ability in physical activity. The PE programme embodies a holistic approach to the

concept of physical activity for young people. It recognises the physical, mental, emotional and social dimensions of human movement.

Students learn to appreciate the importance of regular health-enhancing physical activity and to make informed choices about how to include physical activity as part of a healthy lifestyle. Such informed choices are key to the development of lifelong habits of physical activity.

As a result of their learning in Physical Education, students should be better able and more motivated to include regular physical activity in their lives thereby contributing to their overall sense of wellbeing.

Scope.

Salesian Secondary College, Pallaskenry is committed to promoting the health and wellbeing of its students through physical activity. A programme of Physical Education is provided for all year groups and a comprehensive extra-curricular programme is also made available to all students.

Therefore, this policy refers to all students of Salesian Secondary College. This also refers to students on exchange programmes and visiting students.

The Policy applies at all times during the school day, from 8am (when school opens) until 6.15 pm (when school closes on a normal school day). The policy also applies to students engaging in extra-curricular activities or who are on school business or school run events, which take place outside of normal school hours. (eg. Study, retreats, matches etc.)

This policy takes effect from the date of ratification.

Time tabling.

PE is mandatory for all Junior Cycle, Transition Year and Senior Cycle students with the exception of those in Senior Cycle who opt to do LCVP/Applied Maths. All year groups are timetabled for one double period of PE per week.

Students who do not receive PE as a result of their Leaving Cert subject choice, described above, are invited to participate in whole school PE events and are encouraged to participate in other areas of the school's Wellbeing Programme.

Currently, there is no option to study PE for either Junior Certificate or Leaving Certificate. The school is committed to pursuing these possibilities for our students.

Participation Policy

The aims of this policy are to provide clear guidelines to all students and parents on participation in PE classes in Salesian Secondary College, to maximise numbers

participating in PE classes and to maximise the teaching and learning time available to students within their weekly PE classes.

The Department of Education & Skills, Rules and programme for Secondary Schools 2004/05 instructs all schools to offer Physical Education. Students are required to participate in PE as they would in any other class.

It is the intention of this policy to reduce the amount of time spent by the teacher at commencement of class processing notes which may be unnecessary. The clarity provided by this policy will increase the level of learning and participation time for the majority of students who are prepared and willing to be actively involved in class.

- Participation in PE is compulsory for all students offered this subject.
- Students are expected to apply themselves to the best of their ability.
- All students should arrive to class with suitable PE gear as stated in the school, uniform policy – Navy tracksuit pants/navy shorts, plain white t-shirt/polo shirt, half zip with Salesian Crest is permitted for PE classes, runners/trainers.
- All jewellery should be removed prior to engaging in any physical activity.
- In the event of a student not being able to participate due to illness/injury, parents are expected to inform the PE teacher of such through the note section of the student journal.
- Long term or regular absence from PE should be excused through a medical certificate and given to the Principal.
- Any student who has an ongoing injury/condition which does not allow them to participate in the physical elements of PE will be required to participate in the class in other ways eg. Recording information, refereeing, observing etc.
- In the event of a minor injury, the PE teacher will modify the lesson where possible to allow such a student participate.
- Should a student not participate in PE without an appropriate note he/she will be required to complete written work relating to the lesson during class time. Failure to do so will result in the sanction of detention.
- Should a student not participate in PE without an appropriate note on three occasions throughout the year, he/she will be required to do detention.
- Misbehaviour during PE class will be dealt with in accordance with the schools Code of Behaviour and discipline procedure.
- Students who do not present to class in the correct PE uniform will be sanctioned with detention if this occurs on three occasions. PE uniform is as outlined in the school Code of Behaviour and Uniform Policy.
- Students are allotted 10 minutes either side of PE classes to change in and out of uniform. This is to encourage good hygiene and to ensure best safety practice while participating in PE.
- Due to PE classes being timetabled together and lack of suitable space or due to the nature of the activity, class groups are often required to do PE outside and in inclement weather conditions. Students are required to have the

appropriate clothing to deal with wet/cold conditions - base layers/half zip/school jacket.

- Use of mobile phones, cameras or any other recording equipment is strictly prohibited within the PE class/changing rooms and any student caught doing so will be dealt with in accordance with the schools disciplinary procedures (See Mobile Phone Policy & Code of behaviour)

Participation by Students with Special Educational Needs

Participation for pupils is an essential prerequisite to learning in Physical Education. The Physical Education Department is made aware of pupils with special educational needs (listed by the Learning Support Department at the beginning of each school year) and can, if they request, obtain detailed information and support from the Learning Support Department.

Students with special educational needs are not required to perform activities they are incapable of. Instead activities and equipment may be modified, adapted or changed to suit the individual in question.

The Physical Education Department strive to promote inclusion, where all students regardless of ability are given the opportunity to actively participate.

In circumstances where full participation is not possible we encourage students to take on roles in the area of judging, coaching and officiating.

Our PE Department works alongside the Learning Support Department and complete an IEP (Individual Education Plan) for each student with special educational needs. This is beneficial for both teacher and student as each student's abilities are highlighted. So too are various strategies for the removal of barriers to their full participation.

Full integration of all pupils with special educational needs occurs within Physical Education.

Changing Room Policy

High standards of behaviour are expected from students within the changing rooms and all the rules contained within the Salesian Secondary College Code of Behaviour and Anti-Bullying procedures apply.

The PE teacher does not enter the students changing rooms unless:

- The teacher feels that there has been a breach of the school Code of Behaviour, resulting in a compromise of student safety/dignity
- School/students equipment is being damaged
- A student requires first aid

Valuables

The PE changing rooms are open throughout lessons and the day, due to the large number of classes/teams etc using/sharing them.

Students should not leave any items of value in the changing rooms eg. Money, phones, jewellery etc. as they do so at their own risk. It is recommended that students do not bring valuable items to school. Money / phones should be kept in a locked locker in students' lockers during PE time. If students choose to bring these items to school, against the advice of school authorities, items should be clearly marked with the student's name and an identifying mark.

Child Protection Guidelines

This policy acknowledges Child Protection Guidelines 2017 and the school's Child Safeguarding Statement.

All concerns should be referred to the DLP or Deputy DLP.

Health and Safety

This policy acknowledges the School Health and Safety Policy.

- All pupils must attend and participate in appropriate PE gear, including appropriate footwear (runners).
- All pupils must remove jewellery / piercings prior to PE class. Jewellery items are stored at the owner's risk. Apart from ear piercing (one in / on each ear only), facial / tongue / neck / lip / belly / eyebrow and other piercings of the flesh are prohibited by the school Code of Behaviour.
- All pupils must adhere to the Code of Behaviour, including changing room facilities, as outlined in school journal.

Basic first aid may be administered for minor accidents (plasters, ice pack), with an accident form written up and passed to Principal / Deputy Principal, in compliance with the school Policy for the Administration of Medications and the Provision of First Aid.

Students are required to wear the safety equipment approved by their sporting associations' governing body eg mouth guard, helmet etc.

Return to Play Protocol.

The school is mindful of the risk of concussion or other injury when playing sport, both for the school and outside the school. Any student of Salesian Secondary College who sustains, or is suspected of having sustained a concussion or other injury (either during PE, on school business or at an event run outside school eg club, society), should report this to his / her PE teacher.

See Appendix F for information for parents / guardians on concussion.

The Board of Management has approved a Return to Play After a Concussion Protocol (see Appendix G.)

Students returning to play after a concussion may do so, only after the Return To Play Protocol Form has been signed by a parent / guardian and the Principal (contained in Appendix G.)

Extracurricular Programme and Whole School Events.

This policy recognises the value of a diverse, open and inclusive extracurricular activity programme, which supports and enhances the formal PE programme and which provides further opportunities to engage in physical activity. The College has a very extensive programme, which includes team and individual sports.

Teams and individuals are entered into friendly and competitive leagues on a regular basis, mentored by staff.

The College is open to encouraging students to represent the school in sports which are not easily catered for on site: swimming, golf, rowing, equestrian events etc.

The policy also acknowledges the wide variety of sports clubs and societies to which students belong outside school and encourages sporting endeavour both inside and outside school.

Whole school events are organised by PE and extra-curricular staff and by Parents' Council to promote physical activity and community spirit, among students, parents and staff.

Evaluation.

School management will accept feedback from staff, students and parents / guardians made through the proper use of the appropriate channels ie staff meetings, student committees and Parents' Council. This feedback will inform periodic evaluation of the policy by management.

Review.

This policy will be reviewed periodically.

Signed: _____

Date: March 2018

David Dwyer, Chairperson.

Appendix A

Advice for staff (non-first-aiders) in First Aid Incidents.

1. Make sure the scene is safe – move furniture if necessary
2. Clear the scene – maintain the privacy and dignity of the learner. One or two friends may be of assistance to stay with the student. Send a student to get help from another member of staff. Give clear and concise instructions to the student, e.g. 'Go to Reception or Caretaker's Office and ask them to get a First Aider.'
3. Assess the person who is unwell.
4. The teacher should stay with this learner – unless there is no one else to send for help.
5. When you have 2 members of staff present:
6. Confirm identity
7. Get Medical Assistance Form from staff room
8. When the First Aider arrives and assesses the student / other, they will make a decision on the need for further intervention, including calling an ambulance and parent / guardian.
9. The person calling the ambulance MUST stay beside the student / other to communicate with the ambulance call staff.
10. After the incident, an Incident Form must be completed. All those involved in responding to the incident should discuss and decide who fills out this form. As much information as possible should be included in the Incident Form; objective facts only.
11. Staff who have witnessed, responded to and dealt with the incident may need out of class time to reflect and debrief.

STUDENT INFORMATION SHEET 2018/2019STARTING IN YEAR:
Example: 1st, 2nd etc.

1st

It is important you complete this form in **BLOCK CAPITALS**, as some handwriting is difficult to read - thank you.

Student's Full Name: _____ Student Called: _____

Student's PPS No. _____ Student's D.O.B. _____

Postal Address: _____

Country of Birth: _____ Student Nationality: _____

Is English or Irish the MOTHER TONGUE of the student—Yes or No? _____

Names of Sisters/Brothers currently in our school: _____

Mother's Full Name: _____ Maiden Name: _____

Father's Full Name: _____

Telephone Numbers: Home _____ Mother Mobile: _____

Mother Work: _____ Father Mobile: _____ Father Work: _____

If you live near the school, do you give permission to your son/daughter to go home for lunch
Yes or No _____

Medical Details: Family Doctor: _____

Telephone No.: _____ Medical Card Y/N: _____

Medical Conditions/Allergies, if any: _____

Please give details of any defect of sight/hearing which requires special consideration in class:

Is there any reason why he/she would not be able to participate fully in all school activities?:

Is your son/daughter receiving any form of Learning Support or Resource Teaching in Primary School at present? Yes or No _____

Is your child entitled to Special Needs Support (SNA)? Yes or No _____

If yes, what is the care need? _____

Continued overleaf.../... - PLEASE TURN OVER FOR REMAINDER OF FORM

Appendix B

Salesian Secondary College FIRST AID RESPONSE TEAM CONTACT DETAILS



Name	Contact Number
Paddy O' Neill	0876803346
Mike Lavan	0879212953
David Ryan	0879478550
Kevin Geaney	0872380129
Ide McCarthy	0876570316
Brian McGreal	0877785728
Brian Chambers	0876755478
Sean Cronin	0879900432
Ross O' Donovan	087/9029951
Aisling Ryan	0863148577
Armelle Mangan	0872379130
Alan O' Connor	0877814786
Therese Hartley	0857396865
Serena Berry	0868815987

Appendix C

Personal Medical Details Form

Learner name: _____ D O B: _____

Course Title: _____ Start Date: _____

Medical History: _____

G P Name & Address: _____

GP Phone Number: _____

Contact Details in Case of Emergency

Contact Name: _____ Phone No. _____

Contact Name: _____ Phone No. _____

I agree to the above named person(s) being contacted in the event of an emergency.

Signed _____ Date _____

If I have epilepsy, diabetes, asthma or any other serious condition, I agree that all relevant teachers will be informed.

Waiver Declaration

I understand that having been unwell in Salesian Secondary College, I refuse to accept the advice given to me today.

I am responsible for the consequences of my decision.

Signed _____ Date _____ Time: _____

Witness: _____

Salesian Secondary College cannot be held responsible for any actions taken in the emergency treatment of any injury or illness



Appendix D. Instructions for Staff in the event of a report of illness in a student.

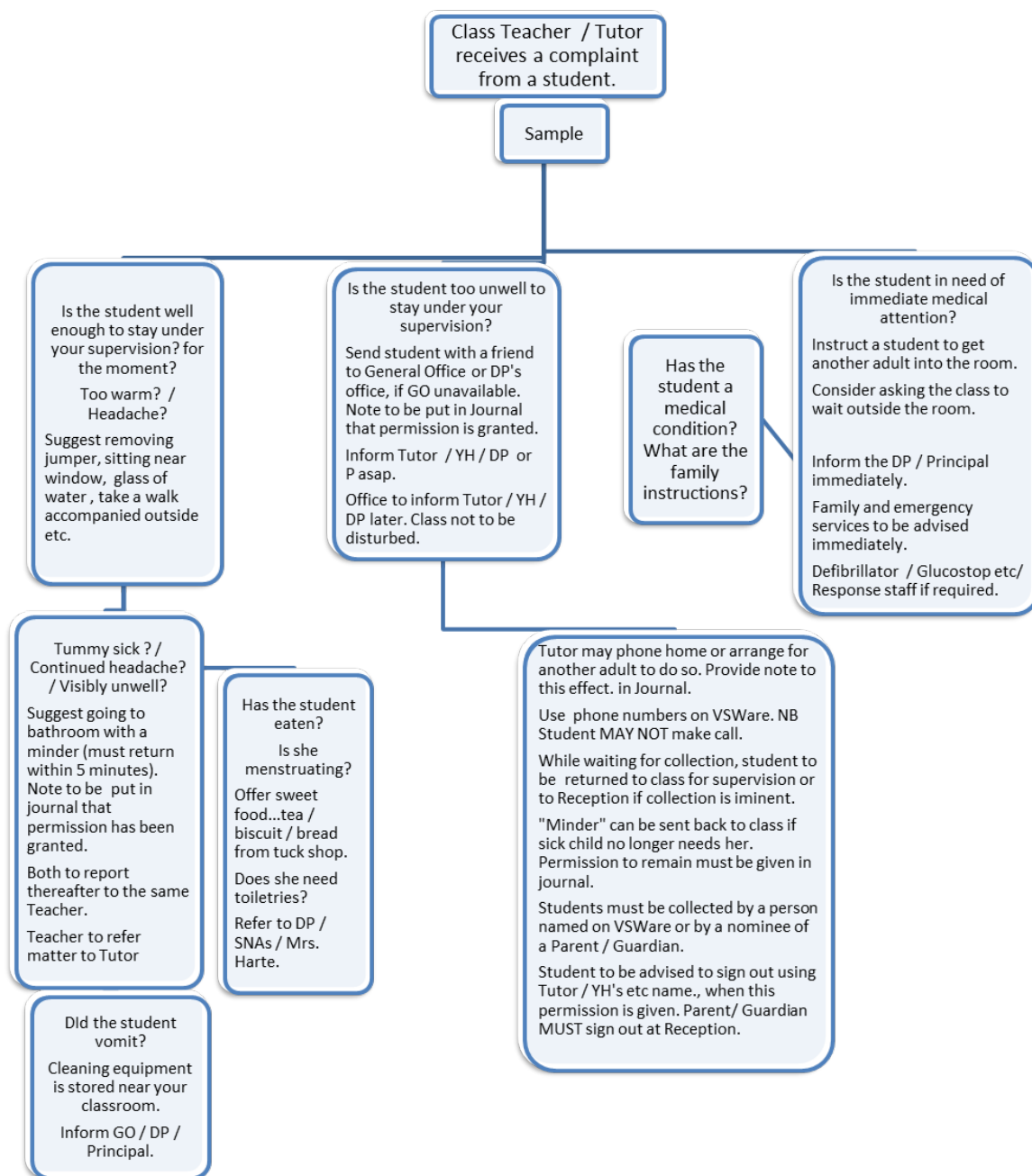
All members of staff are issued with a list of student health issues at the start of the school year. It is the responsibility of all staff to be familiar with this list. Where information is held on the school database, VSWare, staff members are advised that this is a secure database, subject to our Data Protection Policy.

Staff may not offer or administer any medication. If a student requires medication, this should be made know by letter from the family. Staff members are referred to the **Policy Governing the Administration of Medications and First Aid**.

If in doubt, PHONE HOME. Headache, blurred vision, sensitivity to light, pain in stomach may all be symptomatic of a serious illness.

Under no circumstances, allow a sick child to go home alone or to call home herself / himself. If she / he normally goes home for lunch and wishes to do so when ill, please contact a Parent / Guardian to say that she / he is too unwell to make the journey home alone.

Is this an emergency situation? If not.....

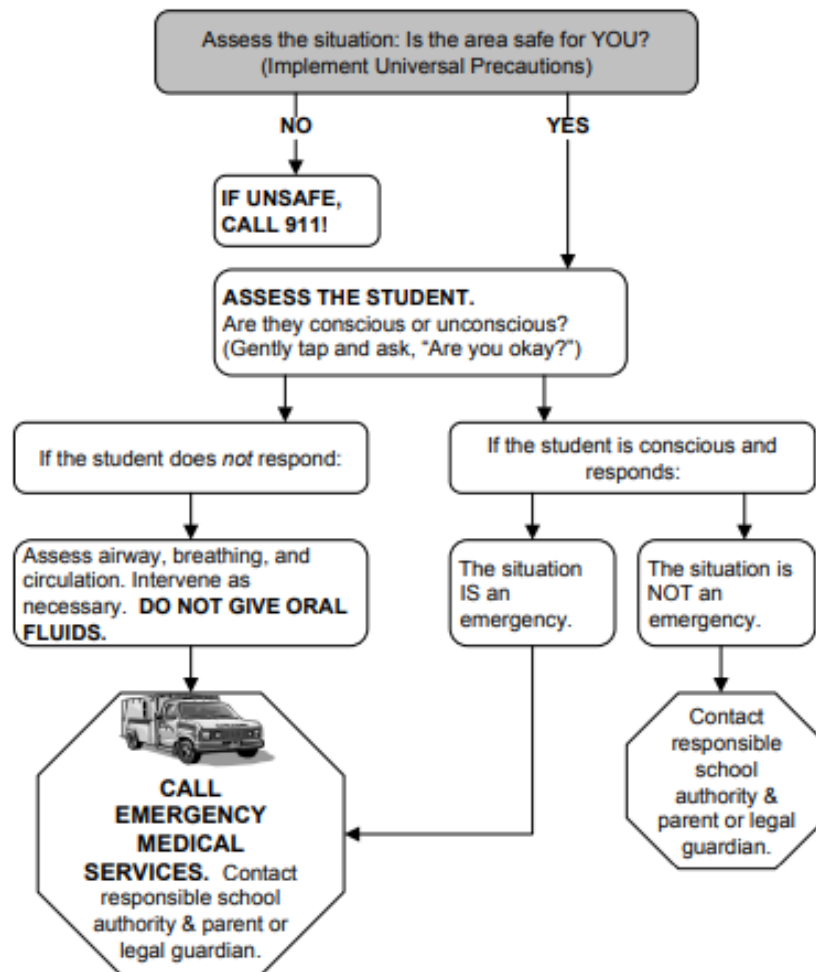


Appendix E: Emergency Situations.

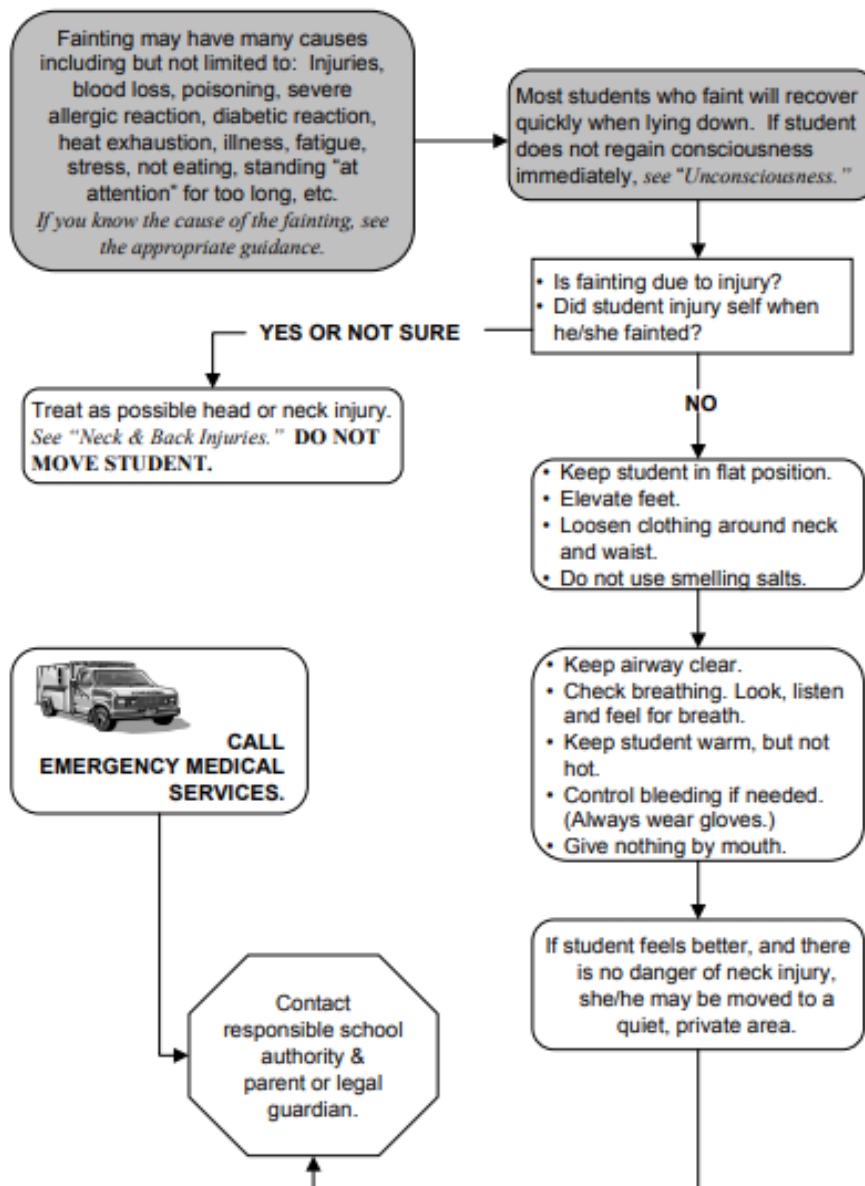
EMERGENCY PROCEDURES FOR INJURY OR ILLNESS

- Assess the situation. Be sure the situation is safe for you to approach. The following dangers will require caution: live electrical wires, gas leaks, building damage, fire or smoke, traffic, and/or violence
- A responsible adult should stay at the scene and give help until the person designated to handle emergencies arrives
- Send word to the person designated to handle emergencies. This person will take charge of the emergency, render any further first aid needed and call for additional resources as required
- DO NOT give medications unless there has been prior approval by the parent or guardian. Follow school district medication policy
- DO NOT move a severely injured or ill student or staff unless absolutely necessary for immediate safety. If moving is necessary, follow guidelines for "NECK AND BACK INJURIES."
- Under no circumstances should a sick or injured student be sent home without the knowledge and permission of the parent or legal guardian
- In the presence of a life threatening emergency, call 911 or local emergency number. The responsible school authority or a designated employee should then notify the parent or legal guardian of the emergency as soon as possible to determine the appropriate course of action
 - If the parent or legal guardian cannot be reached, notify a parent or legal guardian substitute and call either the physician or the hospital designated on the STUDENT EMERGENCY/ MEDICAL INFORMATION CARD, so they will know to expect the injured student. If necessary arrange for transportation of the injured student by Emergency Medical Services (EMS)
- A responsible individual should stay with the injured student.
- Fill out a report for all incidents requiring above procedures as required by school policy

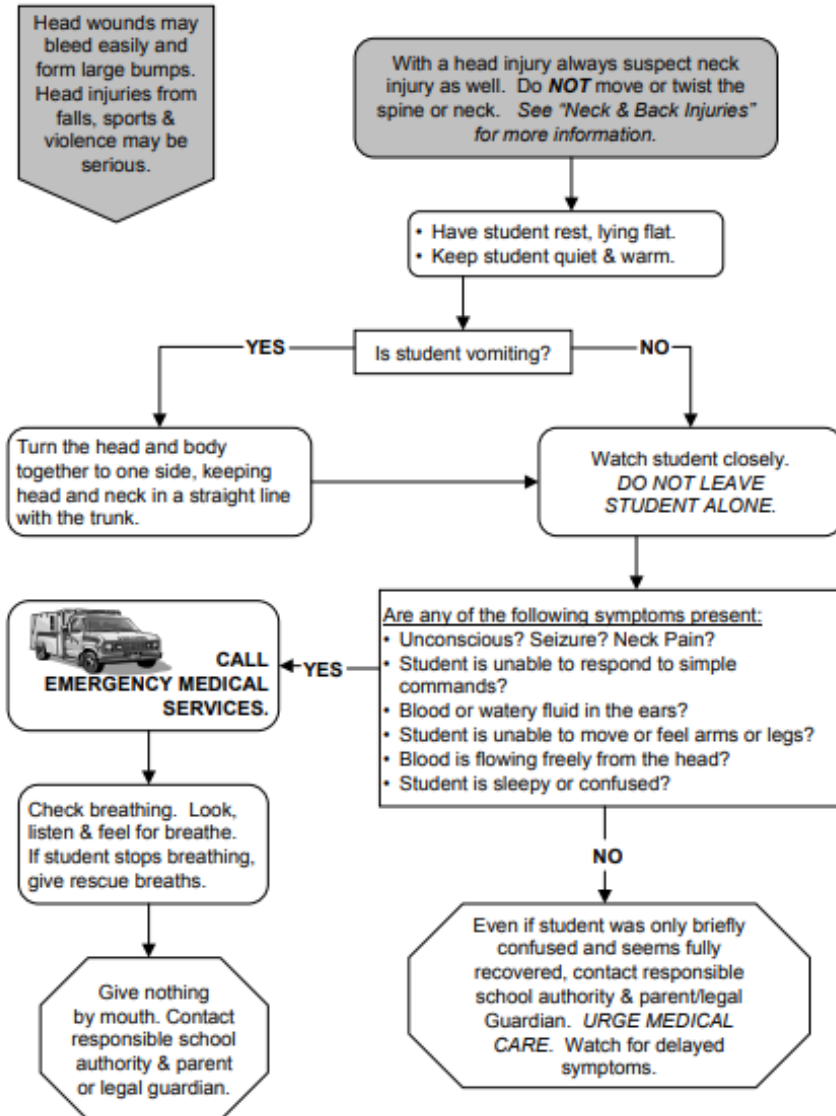
EMERGENCY GUIDE TO PROVIDING EMERGENCY CARE



FAINTING



HEAD INJURIES





Appendix E (continued)

Guidance on When to Call an Ambulance

In a life-threatening emergency, if someone is seriously ill or injured and their life is at risk always call 911.

Examples of medical emergencies include (but are not limited to):

- Chest pain
- Difficulty in breathing such as a severe asthma attack (see Appendix 4)
- Unconsciousness
- Severe loss of blood
- Severe burns or scalds
- choking
- Concussion
- drowning
- Severe allergic reactions
- Diabetic emergencies (see Appendix 6)
- Fitting



Contacting Emergency Services

A qualified first aider, the School management or another nominated person will dial 911, ask for an ambulance and then speaking clearly and slowly be ready with the following information:

1. The school telephone number **061-393105** or mobile number calling from
2. The location as follows
 - The postcode of the building where the ambulance needs to come to (see box below).
 - Give exact location in the school of the person needing help.
3. The name of the person needing help.
4. The approximate age of the person needing help.
5. A brief description of the person's symptoms (and any known medical condition).
6. Inform ambulance control of the best entrance to the school and state that the crew will be met at this entrance and taken to the pupil.

Do not hang up until the information has been repeated back. Please note that the person calling should be with the child, as the emergency services may give first aid instructions. Send a member of staff to wait at the entrance to guide the ambulance service to the person needing help. Also ensure that one or more of the following members of staff are informed that an ambulance has been called to the school: Salesian Secondary College Secretary, Principal, Deputy Principal, and Caretakers. Ensure that the child's parents / guardians have been contacted. Never cancel an ambulance once it has been called.

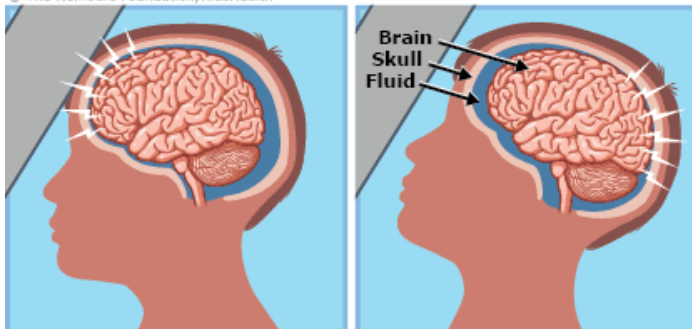
School Address: Salesian Secondary College, Don Bosco Rd, Pallaskenry, Co.
Limerick

Post Code: **V94 WP86**

Appendix F. Management of Concussion

Salesian Secondary College.

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A blow to the head causes the brain to move and hit the skull.

What is a concussion?

A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head or body
- Can change the way your brain normally works
- Can occur during practices or games in any sport or recreational activity
- Can happen even if you have not been knocked out.

All concussions are serious. The treatment for concussion is cognitive rest. Most people with a concussion get better, but it is important to give your brain time to heal. A concussion can affect a student's ability to do schoolwork and other activities (such as studying, driving or exercising). Students should limit external stimulation such as watching television, playing video games, sending text messages, use of computers and bright lights.

What are the symptoms of a concussion?

The signs and symptoms of concussion may include but are not limited to:

- Loss of consciousness
- Seizure or convulsion
- Balance problems
- Nausea (feeling sick) or vomiting
- Drowsiness
- Student is more emotional
- Irritability
- Sadness
- Fatigue or low energy
- Student becomes more nervous or anxious
- Confusion
- "Don't feel right"
- Headache
- Dizziness
- Feeling slowed down
- "Pressure in head"
- Blurred vision
- Sensitivity to light
- Amnesia
- Feeling like "in a fog"

It is essential that staff, students and parents are familiar with the possible causes of concussions along with the signs and symptoms.

The signs and symptoms of concussion usually start at the time of the injury but the onset of these may be delayed for up to 24–48 hours. Parents/guardians, family members and friends should be aware of the signs and symptoms of a concussed student. If a student has any one of the signs and symptoms they should be immediately removed from whatever activity they are involved with should be medically assessed as soon as possible. The student should be placed in the care of a responsible adult, who is advised of the student's suspected concussion. The student must also not partake in any

sporting activity until they have completed a graduated return to play (GRTP) protocol (in line with JMB recommendations).

Concussion must be taken extremely seriously.

Any student with a suspected concussion should be medically assessed.

A student suffering from a suspected concussion must not be left alone and must not drive a vehicle.

Concussion signs and symptoms for the classroom teacher

Physical Symptoms

- Headache
- Neck pain
- Nausea
- Lack of energy and constantly feeling physically and mentally tired
- Dizziness, light-headedness, and a loss of balance
- Blurred or double vision and sensitivity to light
- Increased sensitivity to sounds
- Ringing in the ears
- Loss of sense of taste and smell
- Change in sleep patterns especially waking up a lot at night

Cognitive Symptoms

- Difficulty concentrating and paying attention
- Trouble with learning and memory
- Problems with word-finding and putting thoughts into words
- Easily confused and losing track of time and place
- Slower in thinking, acting, reading, and speaking
- Easily distracted
- Trouble doing more than one thing at a time
- Lack of organisation in everyday tasks

Social and Emotional Symptoms

- Mood changes including irritability, anxiousness, and tearfulness
- Decreased motivation
- Easily overwhelmed
- More impulsive
- Withdrawn and wanting to avoid social situations especially if there is a lot of people

What should a student be encouraged to do if they think they have a concussion?

- Tell their teacher and their parents. Students should be encouraged never to ignore a bump or blow to the head even if they feel fine. Also, students must be aware of the importance of telling a teacher/member of staff/parent immediately if they think they have a concussion or if one of their classmates/teammates might have a concussion.
- Get a medical check-up. A doctor or other health care professional can tell if a student has a concussion and when it is alright for them to return to school and to playing sport. Following a concussion a student should be medically cleared before being allowed to partake in sporting activities in the school. It is also recommended that the treating physician should provide a written

statement indicating, in the physician's professional judgement, that it is safe for the student to return to play.

- Make sure they give themselves time to get better. If a student has a concussion it will take time for their brain to heal. It is important to note that while their brain is still healing they are much more likely to have another concussion. Repeat concussions can increase the time it takes for a student to recover and may cause more damage to their brain. It is important that, following a concussion, that a student takes time to rest and that he/she does not return to school or sporting activities until they get a diagnosis from their health care professional that they are symptom-free. Many sporting bodies have a graduated return to play (GRTP) protocol following a concussion and the JMB has drafted a concussion protocol for schools which it is recommended should be implemented and approved by Boards of Management. The JMB supports the Zurich 2012 consensus statement on concussion (4th International Conference on Concussion in Sport held in Zurich, November 2012) as it reflects best practice in the management and treatment of concussion in sport disciplines at all ages. The JMB strongly recommends that all concussion related incidents (sporting and non-sporting) should be noted in the school incident/accident report folder

- Be aware of second impact syndrome: A student who is recovering from a concussion, but who has not yet fully recovered, is at risk for second impact syndrome. Typically, the student suffers post-concussion signs and symptoms after the first head injury (i.e. headache, visual, motor or sensory changes or memory loss and trouble concentrating) but before these symptoms have fully cleared the student returns to school and takes part in activities where he/she receives a second blow to the head. This can cause massive swelling and compression of the brain against the skull which in turn can lead to decreased blood flow to the brain and potentially death.

How to help a student to transition into school after a concussion

Students transitioning into school after a concussion might need academic accommodations to allow for sufficient cognitive rest.

These include, but are not necessarily limited to:

- Shorter school day
- Rest periods
- Extended time for tests and assignments
- Copies of notes
- Receive help with schoolwork
- Alternative assignments
- Minimizing distractions
- Permitting student to audiotape classes
- Peer note takers
- Providing assignments in writing
- Refocusing the student by using verbal and nonverbal clues
- Reduce time spent on the computer, reading, and writing.
- Be allowed to leave class earlier to avoid crowded hallways (especially if students move from classroom to classroom).

How might a concussion be prevented while playing sport?

Although the risk of a concussion is present with certain types of sports the following suggestions are offered to help minimise the risk:

- By using the proper sports equipment, including personal protective equipment. In order for equipment to protect you, it must be:

- o
- o - The right equipment for the game, position, or activity
- o - Worn correctly and the correct size and fit
- o - Used every time you play or practice

- By following the rules for safety and the rules of the activity as outlined by a teacher or coach

- By educating staff, students and parents (the signs and symptoms of concussion, how concussions may occur, management of the injury and the protocol for return to school and return to activity)
 - By having adequate and experienced supervision in place for the activity
 - By encouraging and practicing good sportsmanship at all times
 - Useful websites and references on understanding and dealing with concussion in sport
-

- **Athletics Ireland**

- <http://www.athleticsireland.ie>

Football Association of Ireland

- <http://www.fai.ie>

Gaelic Athletic Association

- <http://www.gaa.ie>

Irish Rugby Union

- <http://www.irishrugby.ie>

-

House of the Oireachtas, Joint Committee on Health and Children

- *Report on Concussion in Sport December 2014*
<https://www.oireachtas.ie/parliament/media/Joint-Committee-on-Health--Childere-Report-on-Concussion-in-Sport1-171214.pdf>

-

Zurich Consensus statement on concussion in sport

- <http://bjsm.bmj.com/content/47/5/250.full>

-

Concussion Guidelines in the GAA 2013 – 2016

- <http://learning.gaa.ie/sites/default/files/GAA%20Concussion%20Management%20Guidelines%202013-2016%20-%20Amended%20Jan%202015.pdf>

-

Return to play

- <http://learning.gaa.ie/Concussion>

-

A Guide to Concussion in Rugby Union

- <http://www.irishrugby.ie/downloads/IRFU-Guide-to-Concussion.pdf>

-

Australian Rugby Union Concussion Guidance

- http://www.aru.com.au/Portals/33/Running%20Rugby/Safe%20Practices/ARU%20Concussion%20Guidance%20Public_FINAL_2016.pdf

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Appendix G. Return to Play Protocol.

It is recommended that any student of Salesian Secondary College who sustains, or is suspected of having sustained a concussion (either on school business or at an event outside school) must have a mandatory rest period of two weeks before starting a gradual return to play. The graduated return to play (GRTP) of a student following a concussion should be undertaken on an individual basis with the full cooperation of the student and his parents/guardians and should be in line with the recommendations of the relevant sporting body .

Students may not return to play until:

- The mandatory 2 week rest period has been completed
- All their symptoms have subsided
- They have been medically cleared to return using established medical protocols. The treating physician must also provide a written statement indicating, in the physician's professional judgement , that it is safe for the student to return to play
- They have followed the GRTP protocol in line with the recommendations of the relevant sporting body.

The Principal will be responsible for the implementation of the Return to Play Policy for all students returning from a concussion injury.

All concussion related incidents (sporting and non-sporting) should be noted in the school incident/accident report folder.

This policy will be revised as needed and reviewed on a regular basis by the Board of Management.

This protocol should be approved and adopted by the Board of Management and should be fully explained to staff, students and parents/guardians.

No exceptions should be made regarding the implementation of the policy once it is ratified

Approved: _____ Date: _____



Return to Play Protocol: Information for parents/guardians

Definition of concussion:

A concussion is a brain injury that:

- ✓ Is caused by a bump, blow, or jolt to the head or body
- ✓ Can change the way your brain normally works
- ✓ Can occur during practices or games in any sport or recreational activity
- ✓ Can happen even if you have not been knocked out.

Prevention of concussion in sport related activities:

Although the risk of a concussion is present with certain types of sports the following suggestions are offered to help minimise the risk:

- ✓ By using the proper sports equipment, including personal protective equipment. In order for equipment to protect you, it must be:
 - The right equipment for the game, position, or activity
 - Worn correctly and the correct size and fit
 - Used every time you play or practice
- ✓ By following the rules for safety and the rules of the activity as outlined by a teacher or coach
- ✓ By educating staff, students and parents (the signs and symptoms of concussion, how concussions may occur, management of the injury and the protocol for return to school and return to activity)
- ✓ By having adequate and experienced supervision in place for the activity
- ✓ By encouraging and practicing good sportsmanship at all times

Signs and symptoms of a concussion:

The signs and symptoms of concussion may include but are not limited to: loss of consciousness, seizure or convulsion, balance problems, nausea (feeling sick) or vomiting, drowsiness, student is more emotional, irritability, sadness, fatigue or low energy, student becomes more nervous or anxious, confusion, don't feel right", headache, dizziness, feeling slowed down, "pressure in head", blurred vision, sensitivity to light, amnesia, feeling like "in a fog".

Treatment of concussion:

All concussions are serious. The treatment for concussion is cognitive rest. Most people with a concussion get better, but it is important to give your brain time to heal. A concussion can affect a student's ability to do schoolwork and other activities (such as studying, driving or exercising). Students should limit external stimulation such as watching television, playing video games, sending text messages, use of computers and bright lights.

The signs and symptoms of concussion usually start at the time of the injury but the onset of these may be delayed for up to 24–48 hours. Parents/guardians, family members and friends should be aware of the signs and symptoms of a concussed student. If a student has **any one** of the signs and symptoms they should be immediately removed from whatever activity they are involved with should be medically assessed as soon as possible. The student should be placed in the care of a responsible adult, who is advised of the student's suspected concussion. The student must also not partake in any sporting activity until they have completed a graduated return to play (G RTP) protocol.

Any student with a suspected concussion **should be** medically assessed.

A student suffering from a suspected concussion **must not** be left alone and **must not** drive a vehicle.

Return to Play:

*Any student who sustains, or is suspected of having sustained a concussion must have **a mandatory rest period of two weeks** before starting a gradual return to play. The Graduated Return to Play (G RTP) of a student following a concussion will be undertaken on an individual basis with the full cooperation of the student and his parents/guardians. **Students** may not return to play until:*

- 1) *The mandatory 2 week rest period has been completed*
- 2) *All their symptoms have subsided*
- 3) *They have been medically cleared to return using established medical protocols. The treating physician must also provide a written statement indicating, in the physician's professional judgement, that it is safe for the student to return to play*
- 4) *A copy of a signed return to play protocol form has been received by the School Authorities*
- 5) *They have followed the G RTP protocol in line with the recommendations of the relevant sporting body*



Salesian Secondary College Concussion Management Return to Play Protocol Form

(This form should be completed following a concussion injury)

*This form must be submitted to the Principal who is responsible for compliance with the **Return to Play Protocol** approved by the School Board of Management.*

Student Name (Please Print):

Class:

The Principal verifies:

- Has completed the mandatory 2 week rest period
- The student has been evaluated by a treating physician selected by the student, their parent or other person with legal authority to make medical decisions for the student
- The student has completed the Return to Play Protocol approved by the Board of Management (below)
- The school has received a written statement from the treating physician indicating, that in the physician's professional judgment, it is safe for the student to return to play.

School Principal's Signature: _____

Date: _____

The parent/guardian or other person with legal authority to make medical decisions for the student signs and certifies that he/she:

- Has completed the mandatory 2 week rest period
- Has confirmed that the student has been evaluated by a treating physician and that in the treating physician's professional judgment it is safe for the student to return to play
- Has been informed concerning and consents to the student participating in returning to play in accordance with the Return to Play Protocol established by the Board of Management
- Understands the risks associated with the student returning to play and will comply with any ongoing requirements in the Return to Play Protocol.

Parent/guardian signature: _____

Parent/guardian name (Please Print): _____

Date: _____

