

# The Ontario Physical Education Safety Guidelines - 2010

## Concussion Related Information

The Safety Guidelines (managed by Ophea) represent the minimum standards of risk management practice for school boards for physical activities and sports in the school setting. They outline safe practices for every activity in order to minimize the risk of accidents or injuries. They are a valuable resource for school boards, teachers, intramural supervisors and coaches.

The Safety Guidelines are divided into six modules: Elementary and Secondary Curricular, Elementary and Secondary Intramural Activities and Clubs and Elementary and Secondary Interscholar Athletics.

The documents consist of a Generic Section that provides overarching guidelines, Activity Pages that provide specifics in the areas of equipment, clothing/footwear, facilities, special rules and instructions, and supervision for each activity and an Appendices section that provides sample documents boards may use and modify.

The Safety Guidelines, updated and released for September 2010, include several concussion related documents:

- Each module contains an appendix with concussion related information meant to assist teachers and coaches to recognize signs and symptoms, how to respond and the danger of Second Impact Syndrome.
- Each module also contains a "Sample Request to Resume Physical Education-Concussion Related Injuries" form. This form must be signed by a physician if a student has been/is suspected of having a concussion. It follows the 'Step-wise' return to play process as supported by ThinkFirst. The form outlines what steps are to be taken, what responsibilities belong to parents/guardians and the school, and how best to communicate this information to all who need to know.

Ophea: Healthy Schools, Healthy Communities exists to support schools and communities through quality program and supports, partnerships and advocacy to enable children and youth to lead healthy, active lives.

Visit [www.ophea.net](http://www.ophea.net) for more information.