

RECOGNIZE, REMOVE, MANAGE, PREVENT: AN EDUCATIONAL DOCUSERIES ON CONCUSSIONS

ROWAN'S LAW DAY TEACHER PACKAGE

INTRODUCTION TO PACA

Peterborough Athletic Concussion Awareness (PACA) is a community led team working towards increasing concussion awareness by working under its four pillars: (1) Recognize, (2) Remove, (3) Manage, and (4) Prevent. The team is driven to aid the youth of Peterborough in overcoming the various struggles of concussions. These struggles include decreasing the stigma associated with concussions, increasing reporting, and starting the conversation in an academic and sport setting; such as your school or field of play. This community approach to concussion awareness seeks to enhance individuals personal views on concussions, create a more educated culture around concussions, while increasing student/athletes general well-being and mental health.

RRMP DOCUSERIES GOAL

To create a moment in time where every student in the Peterborough area will learn about concussions while also sharing their own experiences with the injury.

HOW TO FACILITATE A SAFE ENVIRONMENT

1. Establish the classroom or virtual classroom as a safe space to share.
2. Open up about how the injury has affected you or someone you know.
3. Ensure everyone's heard.
4. Understand that concussions are an individualized injury that can affect each person differently.
5. The injury does not define the individual.

BRIEF ABOUT ROWANS LAW

Rowan's law is a piece of legislation designed to increase concussion awareness, prevention, and the implementation of these practices, often with the slogan 'Hit, Stop, Sit'. Rowan's law makes it mandatory for sports organizations to establish a concussion specific code of conduct, have a return to play protocol, and ensure athletes, parents, coaches, and officials understand and are up to date with Ontario's concussion resources. As of September 2019 the Ministry of Education has updated the school concussion policy to be in alignment with Rowan's Law.

QUESTIONS TO ASK YOUR CLASSROOM

RECOGNIZE

1. Have you or anyone you know sustained a concussion? If so, how?
2. Why do you think it's important to recognize concussions in its early stages?
3. How can we better communicate the severity of concussions so students can understand the importance of recognizing their injury?

REMOVE

1. How would you approach a friend/teammate that is experiencing concussion symptoms?
1. Why do you believe removal is an important aspect for a full recovery?
2. Have you ever felt pressured to stay in a game/activity when you weren't feeling 100%?

MANAGE

1. How can social groups and sports teams be more inclusive to a friend with a concussion?
2. What other ways can athletes and students support one another throughout a concussion?
3. What type of class environment do you think would be the most beneficial for someone with a concussion?

PREVENT

1. Why is it important for us to understand the full scope of what a concussion is?
2. What are ways in which we can prevent people from hiding their symptoms?
3. How can we prevent further injury in sport?

RESOURCE LIST

- Rowan's Law: <https://www.ontario.ca/page/rowans-law-information-sports-organizations-and-schools#section-1>
- Rowan's Law "Concussion Awareness Resources": <https://www.ontario.ca/page/rowans-law-concussion-awareness-resources>
- Parachute: <https://parachute.ca/en/professional-resource/concussion-collection/>
- Holland Bloorview: <https://hollandbloorview.ca/services/programs-services/concussion-centre>
- OBIA: <https://obia.ca/resources/brain-injury-information/concussion-resources-for-adults/>
- BIAPR: <https://www.biapr.ca/>
- CMHA KPR: <https://cmhahkpr.ca/types-programs-services/peterborough/>
- HeadsupCAN: <https://www.headsupcan.ca/sharing-experiences-with-concussion/tbi>
- OPHEA: <https://www.ophea.net/>