

## ATTESTATION FOR STUDENTS AND PARENTS: CONCUSSION AWARENESS RESOURCES

Dear Student and Parent(s)/Guardian(s):

The Dufferin-Peel Catholic District School Board adheres to provincial guidelines and policies for concussions from the Ministry of Education and the Ontario Physical and Health Education Association (OPHEA).

A concussion is a brain injury that causes changes in the way the brain functions and can lead to a variety of symptoms including physical (e.g., headache, dizziness), cognitive (e.g., difficulty in concentrating or remembering), and emotional/behavioural changes (e.g., depression, irritability), and/or symptoms related to sleep (e.g., drowsiness, difficulty in falling asleep). A concussion may be caused either by a direct blow to the head, face, or neck, or by a blow to the body that transmits a force to the head and causes the brain to move rapidly within the skull.

Due to the seriousness of a concussion, school staff, students, parents/guardians, and identified school volunteers all have important roles to play in implementing the school board's concussion protocols, including prevention, identification, and ongoing monitoring and management of a student with a concussion.

Concussion Awareness Resources have been developed by the Government of Ontario to improve concussion awareness in amateur competitive sport, particularly with respect to concussion prevention strategies, the signs and symptoms of concussion, and initial response to a suspected concussion. The resources have been tailored to meet the needs of students by age.

**Students wishing to participate in interschool sports, as well as the parents/guardians of students under the age of 18, are required to read the Government of Ontario Concussion Awareness Resources.** The resources are hyperlinked below and can be accessed from the board website at [dpcdsb.org/parents/concussion-resources](http://dpcdsb.org/parents/concussion-resources).

[Concussion Awareness Resources](#)

[Ages 10 and Under](#)

[Ages 11-14](#)

[Ages 15 and up](#)

Resources in a variety of languages, supplementary resources, and video modules are also available on the Government of Ontario site, [Concussion Awareness Resources](#).

All students, parents of non-adult students, coaches and trainers must adhere to the DPCDSB's Concussion Codes of Conduct. **Students, parents, coaches, and team trainers must complete an attestation each year confirming that they have reviewed and will abide by the DPCDSB Concussion Code of Conduct before being allowed to participate in any board-sponsored interschool sports, including tryouts, practices, games, and tournaments.** The DPCDSB Concussion Codes of Conduct are hyperlinked below and available on the board website [dpcdsb.org/parents/concussion-resources](http://dpcdsb.org/parents/concussion-resources).

[Concussion Code of Conduct for Students Participating in Interschool Sports](#)

[Concussion Code of Conduct for Parents/Guardians of Students \(under age 18\) Participating in Interschool Sports](#)

[Concussion Code of Conduct for Coaches/Trainers/Teachers of Interschool Sports](#)

Copy to be retained by school for current school year, plus one additional year. Subject to inclusion in incident file if required where an injury occurs.

**MUNICIPAL FREEDOM OF INFORMATION AND PROTECTION OF PRIVACY ACT:** Personal information on this form is collected under the legal authority of the Education Act, R.S.O. 1990, c.E.2., as amended. This information will be used for purposes of planning and administering Physical Education programs for students and providing health and safety services in the event of an emergency. Questions regarding the collection of personal information are to be directed to the School Principal.

**ATTESTATION FOR STUDENTS AND PARENTS:  
CONCUSSION AWARENESS RESOURCES**

Prior to the first tryout for interschool sports, student participants and parents of students under the age of 18 are required to complete this form to attest that they have reviewed the Government of Ontario Concussion Awareness Resources and the Board's Concussion Code of Conduct. Completed attestation forms must be returned to the coach/teacher. For students participating in multiple interschool sports, only one attestation form is required per school year.

**INTERSCHOOLACTIVITY(s):** \_\_\_\_\_

STUDENT NAME \_\_\_\_\_ TEACHER: \_\_\_\_\_  
DATE OF BIRTH \_\_\_\_\_ AGE: \_\_\_\_\_  
HOME ADDRESS \_\_\_\_\_  
STUDENT ADDRESS (If different from home) \_\_\_\_\_ PHONE # \_\_\_\_\_  
HOME PHONE # \_\_\_\_\_

For students under the age of 18:

PARENT/GUARDIAN \_\_\_\_\_ PHONE # \_\_\_\_\_  
EMERGENCY CONTACT NAME \_\_\_\_\_ PHONE # \_\_\_\_\_

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**GOVERNMENT OF ONTARIO CONCUSSION AWARENESS RESOURCES**

I have read the Ontario Government's Concussion Awareness Resources.

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(for students under the age of 18 only)

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**DPCDSB CONCUSSION CODE OF CONDUCT**

I have read and agree to abide by the DPCDSB Concussion Code of Conduct for students.

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I have read and agree to abide by the DPCDSB Concussion Code of Conduct for parents.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(for students under the age of 18 only)

**Please return this form to the coach/teacher prior to the first tryout for interschool sports. Students who have not completed and returned this form will not be allowed to participate in tryouts, practices, games, or other events.**

Copy to be retained by school for current school year, plus one additional year. Subject to inclusion in incident file if required where an injury occurs.