

INITIATIVES & INTEGRATED LEARNING

- [Environmental Education](#)
- [Foundations for a Healthy School](#)
- [Social Emotional Learning Skills](#)

MATERIALS

- Chart Paper
- Computer
- Internet access
- Markers
- Projector and screen

ACTIVITY NAME:

WHAT IS A CONCUSSION?

LEAD UP TO:

Skiing/Snowboarding

DIVISION:

Intermediate Division

CURRICULUM CONNECTIONS



Ontario
Curriculum



Health & Physical Education

B3. Personal safety and safety of others during physical activity

D1. Understanding the factors that contribute to healthy growth and development

BEFORE YOU GO

Learning Goal

- Students will build awareness about concussions and concussion prevention, and demonstrate their knowledge and understanding with others.

Minds On Activity:

- With the authority under the Education Act, the Minister requires all school boards in Ontario to have a policy on concussion safety for students that meets certain minimum requirements, as outlined in this memorandum. Learn more about [Policy/Program Memorandum 158](#).
- Access [Ophea's Rowan's Law Day Toolkit for Schools](#) to learn more and share the following information with the class:
 - In March of 2018, the Ontario government passed [Rowan's Law](#). This law was designed to educate parents/guardians/caregivers, coaches, educators, and officials about the dangers of concussions, as well as protect amateur athletes and students. It is the first law of its kind in Canada and benefits both athletes and non-athletes.
 - By increasing concussion awareness and knowledge, we can change Ontario's culture around sports, physical activity and injury. Rowan's Law makes it easier for those who experience concussions to self-advocate for the help they need and the time necessary for recovery.
- Show [Dr. Mike Evans: Concussion 101](#) video to students.

Action Activity

- Organize the class into groups of 3-4 students.
- Provide each group a sheet of chart paper and a marker.
- Ask groups to use the information from video shown in the Minds On Activity to answer the following educator prompt on their chart paper:
 - Recognizing that every concussion is unique, describe what you think would help a student's brain recover from a concussion upon returning to school?
- Post all chart papers around the room and review it as a class.

WHILE YOU ARE THERE

Schools on Snow Activity

- Before participating in the skiing or snowboarding activity, ensure that the Schools on Snow facility, school staff along with students are aware of the following:
 - [Ontario Physical Activity Safety Standards, Concussions](#)
 - [Ontario Physical Activity Safety Standards:](#)
 - Skiing (Alpine) or Snowboarding, Elementary; Curricular
 - Skiing (Alpine) or Snowboarding, Elementary; Interschool
 - Skiing (Alpine or Snowboarding), Elementary, Intramural
- Educators who are organizing the Schools on Snow skiing/snowboarding activity should be aware of the school board's safety standards and protocols.

ONCE YOU GET BACK

Consolidation Activity

- Ask students to draw on what they have learned about concussions to create a one page Concussion Information Sheet to educate and improve awareness of concussions in their school community.
- As a class co-create the success criteria for the Concussion Information Sheet. Example student responses: The information sheet should clearly identify the signs and symptoms of concussion, and include strategies to support healthy recovery, including modifications to:
 - Identifying signs and symptoms of a concussion.
 - Key messages for parents/guardians/caregivers, coaches, educators and officials about the dangers of concussions.
 - Strategies to support a healthy recovery from a concussion.

ALPINE RESPONSIBILITY CODE



THERE ARE ELEMENTS OF RISK THAT COMMON SENSE AND PERSONAL AWARENESS CAN HELP REDUCE. ALWAYS SHOW COURTESY TO OTHERS. PLEASE ADHERE TO THE CODE LISTED BELOW AND SHARE WITH OTHERS THE RESPONSIBILITY FOR A SAFE OUTDOOR EXPERIENCE.

- 1** Always stay in control. You must be able to stop or avoid people or objects.
- 2** People ahead or downhill of you have the right-of-way. You must avoid them.
- 3** Stop only where you are visible from above and do not restrict traffic.
- 4** Look uphill and avoid others before starting downhill or entering a trail.
- 5** You must prevent runaway equipment.
- 6** Read and obey all signs, warnings and hazard markings.
- 7** Keep off closed trails and out of closed areas.
- 8** You must know how and be able to load, ride and unload lifts safely. If you need assistance, ask the lift attendant.
- 9** Do not use lifts or terrain when impaired by alcohol or drugs.
- 10** If you are involved in a collision or incident, share your contact information with each other and a ski area employee.

Know the Code - It is Your Responsibility

CROSS COUNTRY RESPONSIBILITY CODE



THERE ARE ELEMENTS OF RISK THAT COMMON SENSE AND PERSONAL AWARENESS CAN HELP REDUCE. REGARDLESS OF HOW YOU DECIDE TO USE THE TRAILS, ALWAYS SHOW COURTESY TO OTHERS. PLEASE ADHERE TO THE CODE LISTED BELOW AND SHARE WITH OTHERS THE RESPONSIBILITY FOR A SAFE OUTDOOR EXPERIENCE.

- 1** *Always check posted trail conditions.*
- 2** *Ski in indicated direction and obey all posted signs and warnings. Keep off closed trails.*
- 3** *Always ski to right when meeting on-coming skiers.*
- 4** *Yield the track to faster skiers and skiers calling 'track'.*
- 5** *Ski in control. On two-way trails descending skiers have the right-of-way.*
- 6** *Do not stop where you obstruct a trail or are not visible to others. Move off the track quickly if you fall or during rest stops.*
- 7** *Do not litter. Take out what you pack in. Respect all property.*
- 8** *Report all incidents.*

**Know the Code - Be Safety Conscious
It is Your Responsibility**