standards for promotion, academic probation will be removed; however, academic concern will remain in force. If these standards aren’t attained, the student may be asked to leave the College.

**AMENDMENT TO PROGRAM**

In exceptional circumstances, such as the documented identification of a learning disability or a temporary or chronic medical condition, the College may modify a student’s academic program. Not all such needs can be accommodated. In all cases in which amendment of the program is requested, the student and his parents must present full professional documentation of the circumstances and demonstrate that a treatment and support program is both in place and effective. Requests for amendment are handled by the Upper School administration committee. In its deliberations, this committee will identify the specific amendment granted, the responsibilities of the student and his parents, and the role of the College.

**CONCUSSION PROTOCOL**

**BACKGROUND**

Upper Canada College is committed to the health and safety of all students, and in that vein adheres to a strict procedure and protocol when presented with a student who has suffered and been diagnosed with a concussion. UCC has many athletes striving for excellence and we have a long tradition of success in our athletics program. We must, however, ensure that all concussed students are treated promptly and professionally to minimize risk of long term physical, emotional and psychological damage associated with concussions.

**STEPS TO RETURN TO PLAY (OR ACTIVITY) GUIDELINES**

A concussion is a serious event, but a student can recover fully from such an injury if the brain is given enough time to rest and recuperate. Returning to normal activities, including sport participation and academics, is a step-wise process that requires patience, attention and caution. Sometimes symptoms of a concussion can be present at any of the steps below. This means that the brain hasn’t yet healed and needs more rest. If any signs or
symptoms return during the return to play process, the player must be re-evaluated before trying any activity again. Symptoms may return later that day or the next, not necessarily during the activity.

UCC uses ImPACT (concussion management program) testing. This is a test that our student-athletes on certain contact sport teams take which produces a baseline score for that individual. In the event of a concussion at school, during a UCC game or practice, based on the index of suspicion (signs and symptoms of a concussion), the athletic therapist, nurse or coach will remove the student from play. The student can then retest before seeing our sports medicine doctors (Dr. Michael Clarfield and his SMS team) to assess the severity of the concussion and recommend steps for returning to play. Once the UCC nurse or athletic therapist has assessed the student and a concussion is suspected, the student shall engage in this staged protocol:

| STEP 1: | There should be no activity, only complete rest. This means no work, no school (cognitive rest) and no physical activity. An SMS doctor, booked through the UCC athletic therapist, is consulted and the student can be cleared and proceed to the next step. Once the SMS doctor has cleared him, the athletic therapist will monitor him throughout the return to play process. |
| STEP 2: | Light aerobic exercise, such as walking or stationary cycling, is permitted. Someone who can help monitor for symptoms and signs should supervise the player. No resistance training or weightlifting is permitted. The duration and intensity of the aerobic exercise can be gradually increased over time if no symptoms or signs return during the exercise or the next day. The athletic therapist will monitor this step.  

Symptoms? Go back to step one.
No symptoms? Proceed to step three the next day. |

(Staged protocol continued)
### STEP 3:

Sport-specific activities – such as skating, running or throwing – can begin. There should be no body contact or other jarring motions such as high-speed stops or hitting a baseball with a bat.

Symptoms? Go back to step two.
No symptoms? Proceed to step four the next day.

### STEP 4:

Drills without body contact are permitted.

Symptoms? Go back to step three.
No symptoms? Read below.

The time needed to progress from non-contact exercise will vary with the severity of the concussion and the player. Proceed to step five.

### STEP 5:

Begin drills with body contact.

### STEP 6:

Game play can begin.

Please remember that these steps don’t correspond to a specific timeline. It may take many days to progress through any one step, for example, especially if the concussion is severe. Furthermore, each student will proceed through the stages of the protocol at his own particular rate, and honest attention to any and all symptoms is paramount. As soon as any symptom appears, the player should return to the previous step and wait at least one more day before another attempt. The only way to heal a brain is to rest it. Never return to play if symptoms persist. A player who returns to active play before full recovery from the first concussion is at high risk of sustaining another concussion, with symptoms that may be increased and prolonged.

If a student shows symptoms of a concussion and hasn’t had the ImPACT baseline test done (if he doesn't play on a contact sports team), he must see a doctor for confirmation.
of a concussion. Boarders will see Dr. Baker, our staff physician. Day boys will see their family doctors. Once the concussion has been diagnosed, we ask that the boy see Sonya Pridmore or one of our nurses to set up an appointment with Dr. Clarfield or one of his associates for follow-up. This ensures continuity of care and consistency with our concussion policy.

If the student is diagnosed by his family physician, the concussion must be verified with a doctor's note detailing instructions with regard to return to play. Without a doctor's note, the student won't be able to return to school. This note must be given to one of our nurses or our athletic therapist.

If a student sustains a concussion outside of school, it's the responsibility of the family and student to inform us and we will follow the above procedure so that Dr. Clarfield and his associates can oversee his care.

THE CENTRE FOR LEARNING AND RETURN TO ACADEMICS GUIDELINES

When a concussion has been diagnosed and verified, the Wernham and West Centre for Learning (CFL) team will be contacted by the school nurse and athletic therapist. The CFL will message teachers and parents about the student and his return to learn and academics. The student will be contacted by the CFL once he's returned to school to ensure that he's supported while he gradually catches up on his schoolwork. The CFL provides resources and support for the boy, his parents and his teachers.

The Health Centre and CFL professionals meet weekly to review students who are being monitored on the concussion protocol.

<table>
<thead>
<tr>
<th>Sports medicine physician</th>
<th>Dr. Michael Clarfield</th>
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<tr>
<td>Staff physician</td>
<td>Dr. Jason Baker</td>
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<tr>
<td>Athletic director, Upper School</td>
<td>Brent MacKay</td>
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<tr>
<td>Athletic director, Prep School</td>
<td>Nigel White</td>
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<tr>
<td>Head of the Health Centre</td>
<td>Evan Williams</td>
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<tr>
<td>Athletic therapist</td>
<td>Sonya Pridmore, CAT(c)</td>
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Nurses: ........................................... Avia Peacock, RN
........................................... Anna Gryszkiewicz, RN
........................................... Gina Suva, RN

Wernham West Centre for Learning: ............
........................................... Kathryn Barnes, director, CFL
........................................... Jody McLean, Senior Division/
........................................... diploma coordinator CFL
........................................... Tina Jagdeo, Primary Division CFL

If you have any questions, please feel free to contact any of these members of the UCC concussion team:

• athletic therapist Sonya Pridmore, CAT(c): spridmore@ucc.on.ca
• Avia Peacock, RN: apeacock@ucc.on.ca
• Anna Gryszkiewicz, RN: agryszkiewicz@ucc.on.ca
• Gina Suva, RN: gsuva@ucc.on.ca
• Divisional members of the CFL team: Tina Jagdeo (tjagdeo@ucc.on.ca), Kathryn Barnes (kbarnes@ucc.on.ca), Jody McLean (jmclean@ucc.on.ca)