

HWDSB

ATHLETICS

Update July 2025

2025-2026

COACHES (Elem & Sec)

All of the following information and documents can be found:

myHWDSB – Find “Equity & Well-Being”, use the drop-down menu to click on “Athletics”

HWDSB Athletics Website: <https://www.hwdsb.on.ca/athletics/> -- Find “Coaches”, use the drop-down menu for either Elementary or Secondary

In this area you will find links to playing regulations, draft schedules, safety guidelines and more!

HWDSB Athletics - Code Conduct for Coaches

1. It is the coach's responsibility to act in a professional manner and remain cognizant of his/her status as a role model to all student-athletes. **Your role as a coach is an extension of the classroom.** As part of your preparation for the season it is expected that every coach will participate in preseason meetings (or online courses), be familiar with all league rules and regulations and **review** any documentation circulated by HWDSB Athletics which pertain to the chosen sport you are coaching.
2. Coaches will set a good example for your players. Encourage team members to take a leadership role and to act in a way that will enhance the morale of the team. **The atmosphere of the team must be free from:**
 - a. Foul language
 - b. Physical and verbal abuse of players
 - c. Comments relating to ethnic or religious origin, gender identity/expression or sexual orientation to all teammates, coaches, volunteers, officials, peers and spectators.
 - d. Negative comments and unacceptable venting of frustration (of any kind) directed towards teammates, opponent, game officials, spectators or school board staff.
 - e. Prior to the start of the season, the coach should establish and communicate clear expectations and consequences
3. Coaches will assist athletes in developing skills, positive attitudes, a sense of sportsmanship and helping achieve athlete's success through maximum effort and dedication. It is important that the coach provides every athlete with the opportunity to reach their best by:
 - a. Recognizing the effort of all - win or lose
 - b. Establishing and communicating a team policy on playing time to players and parents which should consider the philosophy of fair play
 - c. Putting the welfare of the athlete ahead of winning
 - d. Treating your opponent with respect; they are not your enemy but an ally without whom the contest cannot take place. Do not embarrass them.
 - e. Treating officials with respect and accepting the fact that the decisions of the officials are FINAL
4. School attendance and student effort in the classroom **must** come before team play and/or practice. Encourage sincere effort in all aspects of student life
5. A personal philosophy of coaching should include these objectives:
 - a. To enable each participant to have fun
 - b. To develop self-confidence
 - c. To exhibit a sense of responsibility toward others
 - d. To develop self-discipline
 - e. To improve physical skills and fitness levels
6. The team environment must be totally free of smoking, alcohol and drugs
7. It is the coach's responsibility to have knowledge of the rules of the game, to develop the skills of the athletes and to develop and impart strategies necessary to play the game.
8. It is mandatory that prior to the playing season every coach, teaching or nonteaching status completes a statement of intent which indicates an understanding of Hamilton-Wentworth District School Board Policy, Philosophy, Rules & regulations as well as Ethics. This statement will be filed together with the team eligibility list in the Principal's office.
9. Administrative decisions should be accepted with grace and explained to students in a non-biased way. Attempting to circumvent a decision through players or parents is unacceptable.
10. Coaches will adhere and follow all HWDSB athletic policies & sport regulations and ensure compliance of Ontario Physical Activity Safety Standards in Education (safety.ophea.net) which pertain to the sport you are coaching.

COACHES & TEACHER PLANNING CHECKLIST FOR ATHLETICS EXCURSIONS

The following checklist is a tool to be used by coaches, teachers and phys-ed heads to ensure proper procedure and best practices are being followed when administering an interschool sport sanctioned by HWDSB.

Pre-season / Planning

- ☐ Meet with administration to review **this checklist**.
- ☐ Prior to administration meeting, determine method of transportation for season (cabs, bus, volunteer drivers etc)
- ☐ Ensure all volunteer coaches have completed volunteer screening with administration (vulnerable sector screening included)
- ☐ ***IMPORTANT*** Review Ontario Physical Activity Safety Standards in Education (OPASSE) pertaining to sport; work with administration /phys-ed head to ensure school is compliant. [See OPHEA](#) (Follow prompts)
- ☐ Review & begin Coaches Checklist for Concussion Safety & Education ([Link to Checklist](#))

Tryouts

- ☐ Distribute / send home “try out” information letter ([Link- to sample](#))
- ☐ Conduct tryout(s) & Select team
- ☐ Submit roster to administration and attendance. Request a Hub “Class” be created for your roster.
- ☐ Recruit Volunteer Drivers if necessary

After Tryouts

- ☐ The [Student-Athlete Information Form](#) **replaces** the full Excursion package for most HWDSB Athletic events. Please see the [“Excursion Package – Athletics 2025 resource](#)
 - o **IF REQUIRED HWDSB** Planning Checklist for Educational Excursions ([Link- to sample](#))
 - o The Student-Athlete Information Form can be filled out on paper, or on the Parent Portal – all forms will be accessible via School Athletic Login on PowerSchool or in the classlist of your team.
 - ☐ Communicate with Accounts Secretary regarding School Cash Online for any applicable fees
 - ☐ Send home Parent/Guardian Information Letter; include schedule with excusal times. ([Link- to sample](#))
 - ☐ Provide copy of schedule and team roster to attendance secretary
 - ☐ **SECONDARY ONLY:** Ensure all students on roster have **not** attended another school in last 12 months (*they are considered a transfer student if they have attended another school*)
 - ☐ **SECONDARY ONLY:** Complete OFSAA Eligibility (OFSAA Hub) by deadline date; send to principal, HPE head for all OFSAA Sports
 - ☐ Ensure volunteer drivers have completed volunteer directive package; check with administration
 - ☐ Check with main office on athlete’s media consent – do you have any athletes who have not given consent?
 - ☐ Attend coaches’ meetings (pre or post season) and complete any online course as organized by HWDSB Athletics
 - ☐ Review all coach’s information distributed by HWDSB Athletics - ensure knowledge of rules & regulations
 - ☐ Ensure Coaches Checklist for Concussion Safety & Education ([Link to Checklist](#)) is completed
-

In Season

- ☐ Establish a documented method of ongoing communication with parent(s) in the event of game changes & excusal times (*eg: e-mail, Hub messages, note home, phone call, text message...etc.*)
 - ☐ Alert parent of any game changes / playoff dates
 - ☐ Report game scores in timely manner as per rules & regulations set forth by HWDSB Athletics
 - ☐ **SECONDARY:** Prepare for SOSSA or OFSAA berth and potential travel arrangement (if applicable)
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Coaches Name: _____ Signature: _____ Date _____

Administrator: _____ Signature: _____ Date _____

Planning Information for Athletic Excursions 2025-2026

This framework has been designed to ensure essential risks have been considered in the educational excursion and athletics planning process. Follow link for full [HWDSB Excursion Procedure](#).

- For sports that are approved/centrally managed HWDSB athletic events/competitions only the “Student Information & Participation Form 2709” is required. **See chart below.**
- The HWDSB Human Rights Considerations should always be reviewed during planning. Staff should use the [Human Rights Impact Assessment Tool](#) Appendix A to assist you with making considerations.
- No Contracts or Waivers can be signed at the school level i.e. City facilities, hockey arenas etc. Obtain [Contract & Service Routing Form](#), attaching all documents including Certificate of Insurance (COI). Must be submitted with completed Excursion Package to all pertaining departments on the form.

Approved & Centrally managed HWDSB athletic events/competitions - "Student Information & Participation form" only:

Secondary	
Badminton	Indoor Track & Field
Basketball	Pickle Ball
Co-ed Volleyball	Rugby
Cricket	Slo-Pitch
Cross Country	Soccer
Curling	Tennis
Field Hockey	Flag Football
Hockey – Varsity	Track & Field
Football	Ultimate
Golf	Volleyball
Hockey	Water Polo
Indoor Soccer	Baseball
Elementary	
Cross Country	Volleyball
Track & Field	Senior (5-8) 3-Pitch
Basketball	Swim

Games scheduled after the original 2709 form is collected, or any updated dates and locations must receive **informed consent** from guardians. Please note this applies only to games in the Hamilton-Wentworth region.

EXCEPTIONS****

Full Excursion Checklist to Principal required when the following occurs:

Team progresses to regional/provincial event (SOSSA or OFSAA)
Team participates in game or tournament outside of Hamilton-Wentworth region

Other Activities requirements:

Full Excursion Checklist to Principal	WHY?
Elementary Soccer	Not run by HWDSB Athletics
Secondary Swim	Not run by HWDSB Athletics *a high-risk activity, but has been previously approved
Elementary Golf	Not run by HWDSB Athletics
Elementary Cricket	Not run by HWDSB Athletics

Elementary Ultimate Frisbee	Not run by HWDSB Athletics
Elementary Touch/Flag Football	Not run by HWDSB Athletics

Full Excursion Package to SESA	WHY?
Alpine Skiing	Pre-created insurance package - contact Risk Management for information
Snowboarding	
Rowing	Water sport - high risk & not run by HWDSB Athletics
Wrestling	Pre-created insurance package - contact Risk Management for information
Elementary Water Polo	High Risk & Not run by HWDSB Athletics
Elementary Hockey	High Risk & Not run by HWDSB Athletics
Power Cheerleading	High Risk & Not run by HWDSB Athletics
Secondary Junior Hockey (grade 9 & 10)	High Risk & Not run by HWDSB Athletics

Informed Consent

Informing guardians/families of risks, and all details of participation is a crucial step for student participation in extra-curriculars.

Recommendations:

Copy & Paste risks from OPASSE directly into Parent information

TRUE SPORT LIVES HERE

a great difference.

True Sport resources are available online, and will be continue to be available, however True Sport has shifted its focus as an organization. HWDSB will continue to support the [True Sport Principles](#):

What is True Sport?

True Sport is a series of programs and initiatives designed to give people, communities and organizations the means by which to leverage the many benefits of sport from a platform of shared values and principles. True Sport is dedicated to the notion that good sport can make

Who Is True Sport?

The Canadian Centre for Ethics in Sport, True Sport Foundation, and the True Sport Secretariat are the early leaders of True Sport. True Sport also has the endorsement of the Federal-Provincial/Territorial Ministers responsible for sport, recreation and fitness.

Principles for Sport

True Sport teams, clubs, athletes, coaches and teachers commit to these Principles for Sport.

Why do the True Sport Principles matter?

They help us build the sport we want!

The True Sport Principles express an approach to sport that the vast majority of Canadians already believe in and practice. Although widely embraced, these principles often go unspoken. So when they are violated — when people's attitudes and actions threaten healthy and respectful competition — supporters of good sport can be caught off guard, unsure how to stand up for the sport they believe in.

The True Sport Principles are a rallying point for True Sport members — they are universal.

The principles can be brought to life in any sport at any level, from playground to podium. An Olympic rowing squad can embrace these principles with the same sense of pride and purpose as an elementary school, an old-timers' league, or a community hockey arena.

For sport to be truly good and have the opportunity to make the greatest difference, all seven of these principles need to be in play at all times, working in perfect balance with one another.

HWDSB Athletics is a proud member of True Sport

TRUE SPORT LIVES HERE

Go for It

Rise to the challenge - always strive for excellence. Discover how good you can be.

Play Fair

Play honestly - obey both the letter and spirit of the rules. Winning is only meaningful when competition is fair.

Respect Others

Show respect for everyone involved in creating your sporting experience, both on and off the field. Win with dignity and lose with grace.

Keep it Fun

Find the joy of sport. Keep a positive attitude both on and off the field.

Stay Healthy

Place physical and mental health above all other considerations - avoid unsafe activities.
Respect your body and keep in shape.

Include Everyone

Share sport with others. Ensure everyone has a place to play.

Give Back

Find ways to show your appreciation for the community that supports your sport and helps make it possible.

HWDSB Athletics is a proud member of True Sport

HWDSB

ATHLETICS

*SEC ONLY Instruction Guide for the OFSAA Hub (Eligibility & Rosters)

What is the OFSAA Hub

The **OFSAA HUB** is a brand-new system - a modern online platform to serve the athletic needs for secondary schools in Ontario. The **OFSAA HUB** will entirely replace the Athletic Eligibility Listing System (AELS). With many improvements, this new system has been developed using feedback and will address changes to OFSAA policy. For an online help resource visit: <https://ofsaa.helpsite.com/>

Who is in the system?

HWDSB Athletics is responsible for adding students to your school's database by importing Grade 9's (in September) or by adding eligible transfer students.

Remember – NOT all students listed may be eligible for competition. There are circumstance where the data in the system may be incorrect. **It is your responsibility to check that each member of your team is not a transfer student (those that have attended another high school in the previous 12 months).**

If you are unsure whether an athlete is eligible or not, please contact Athletics at 905-521-2521 or athletics@hwdsb.on.ca.

Who is NOT in the system?

Transfer students and students that registered at your school after the database was updated in September, along with any individuals who have not coached in the school in the last year. **If a student does not come up in search for registered students, please contact Athletics at 905-527-5092 x2815 or athletics@hwdsb.on.ca.**

How Do I Create My Account?

You can't create your own account, you need to have it created by someone who already has access to the system. Speak with your Physical Education Head at your school and they can get you setup. When they do, you'll receive an email with a link to setup your own individual account. Simply click the link and set your password and you'll be ready to go!

Remember: never share your password with anyone. It's unique to you, and should never be shared with anyone

How Do I login?

- Go to the OFSAA Hub login page here: <https://ofsaa.athletesystems.ca>
- Enter your email, and your password.
- Click the "Sign in" button.

How Do I Add Student Athletes To My Roster/Eligibility List?

- Login to the OFSAA Sport Hub
- Select the team you want to manage
- Scroll to the bottom of the page, and click the Edit Roster button
- Under the athletes section, start typing an athlete's name (you need to type at least 3 characters)
- Select the athlete you want to add from the dropdown - click add athlete
- Once you have added all your athletes, you can then click any of the fields (position, height, etc) and type in a value. The value is automatically saved on the roster when you hit enter, or click the next box.

For a Tutorial Video on how to add student-athletes to my roster / eligibility list [Click Here](#)

What Do I Do Once I Complete my Roster?

Upon completion of your team's roster you should e-mail the final list to your Physical Education Head and an Administer in your school. Please check with your Physical Education Head for specific school direction.

HWDSB Athletics can access your roster centrally – so there is no need to e-mail a copy of the roster. ***HWDSB Athletics reserves the right to review your roster at any time and sanction teams for ineligible players.***

Prior to the competition phase of an athletic season, coaches should review the following checklist to assist in concussion safety.

- **Review with all coaches on team the HWDSB Concussion Procedure**
 - ✓ <https://www.hwdsb.on.ca/wp-content/uploads/2017/11/Concussion-Procedure.pdf>
- **Review Ontario Physical Activity Safety Standards in Education by OPHEA for your sport**
 - ✓ Ontario Physical Activity Safety Standards in Education by OPHEA: <http://safety.ophea.net> (select sport)
- **Review the following documents with the pertinent team staff members**
 - ✓ Parachute Canada: [Concussion Guide for Coaches & Trainers](#)
 - ✓ Parachute Canada: [Concussion Guide for Teachers](#)
 - ✓ Determine an action plan should a team member have a suspected concussion
- **Review the following resources with student-athletes prior to participating in activities**
 - ✓ Recommended material includes:
 - Video: [Dr. Mike Evans: Concussion 101](#)
 - Parachute Canada: [Concussion Guide for Athletes](#)
 - ✓ Log attendance of this session and keep copy on file; provide material or alternate time for students unable to attend sessions
- **Provide information to parents / guardians about HWDSB Concussion Procedure & other concussion resources**
 - ✓ Direct parents to HWDSB website: <https://www.hwdsb.on.ca/secondary/supports/healthy-schools/concussions/>
 - ✓ Parachute Canada: [Concussion Guide for Parents and Caregivers](#)
 - ✓ Parachute Canada: [Concussion Guide for Athletes](#)
- **HWDSB Staff Member (Coach) should carry C2 and C3 forms with them to practices and games**
 - ✓ Find forms available at myhwdsb.on.ca search “concussions” or [here](#)
- **Questions or clarification?**
 - ✓ Follow up with your school’s principal for further direction

WHAT IS A CONCUSSION?

Concussions are brain injuries caused by excessive, rapid movement of the brain inside the skull. This movement causes damage that changes how brain cells function, leading to symptoms that can be physical (headaches, dizziness), cognitive (problems remembering or concentrating), or emotional (feeling depressed). A concussion can result from a blow to the head or body in any number of activities including receiving a check in hockey, being in a motor vehicle collision or slipping on an icy sidewalk. It is important for the safety of the individual who is experiencing any signs / symptoms of concussion to be removed from all activity, seek medical attention and inform the school / coach of their condition.

SIGNS AND SYMPTOMS OF A CONCUSSION YOUR CHILD MAY EXPERIENCE

Observed by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light
- Bothered by noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Does not “feel right”

Observed by the Parent/Guardian, Coach or Teammate

- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behaviour or personality changes
- Can’t recall events after hit or fall
- Appears dazed or stunned

WHAT TO DO IF SIGNS / SYMPTOMS OF A CONCUSSION ARE PRESENT

Athlete

- TELL YOUR COACH IMMEDIATELY
- Inform parents
- Seek medical attention
- Give yourself time to recover

Parent/Guardian

- Seek medical attention
- Keep your child out of play
- Follow return to play guidelines
- Address academic needs

WHERE CAN I FIND MORE INFORMATION?

- Concussions Information from HWDSB: <https://www.hwdsb.on.ca/secondary/supports/healthy-schools/concussions/>
- Parachute Canada: [Concussion Guide for Parents and Caregivers](#)
- Parachute Canada: [Concussion Guide for Athletes](#)
- Video: [Dr. Mike Evans: Concussion 101](#)
- Ontario Physical Activity Safety Standards in Education by OPHEA: <http://safety.ophea.net>

RETURN TO PLAY

- Do not attempt to return to play until receiving medical clearance
- Request a “Return to Play Form” from school
- Follow the return to play protocol and carefully monitor the health of the athlete

Concussion guide for COACHES AND TRAINERS



Parachute
Concussion Series

What is a concussion?

A concussion is a brain injury that cannot be seen on routine X-rays, CT scans, or MRIs. It affects the way an athlete may think and remember things, and can cause a variety of symptoms.

What are the signs and symptoms of a concussion?

An athlete does not need to be knocked out (lose consciousness) to have had a concussion. The athlete might experience one or more of the following:

Cognitive (thinking)	Physical	Emotional/ behavioural
• Does not know time, date, place, details about a recent activity • Difficulty remembering things that happened before and after the injury • Difficulty concentrating • Not thinking clearly • Feeling like “in a fog”	• Headache or head pressure • Dizziness • Stomachache, nausea, vomiting • Blank or vacant stare • Blurred or fuzzy vision • Sensitive to light or sound • Sees stars, flashing lights • Ringing in the ears • Problems with balance or coordination • Feels tired or no energy • “Don’t feel right”	• Nervousness or anxiety • Strange or inappropriate emotions (i.e., laughing, crying, getting mad easily) • Slow to answer questions or follow directions • Easily distracted • Not participating well • Changes in sleep patterns

Get medical help immediately if an athlete has any “red flag” symptoms such as neck pain, repeated vomiting, growing confusion, seizures and weakness or tingling in their arms or legs. These may be signs of a more serious injury.



Parachute is Canada's
leading national charity
dedicated to injury prevention


parachute.ca

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What causes a concussion?

Any blow to the head, face or neck, or a blow to the body that causes a sudden jarring of the head may cause a concussion (e.g., a ball to the head, being checked into the boards).

What should I do if I think an athlete might have a concussion?

In all suspected cases of concussion, the athlete should stop playing right away. Continuing to play increases their risk of more severe, longer-lasting concussion symptoms, as well as increases their risk of other injury.

The Concussion Recognition Tool 6 (CRT6) can be used by anyone to help recognize the signs and symptoms of a possible concussion.

The athlete should not be left alone and should be seen by a doctor as soon as possible. They should not drive.

If the athlete loses consciousness, call an ambulance to take them to the hospital right away. Follow basic principles of first aid. Do not move them or remove any equipment such as a helmet. The athlete should not return to play the same day.

How long will it take for the athlete to get

better?

The signs and symptoms of a concussion often last for up to four weeks but may last longer. In some cases, athletes may take many weeks or months to heal. If the athlete has had a concussion before, they may take longer to heal.

If the athlete's symptoms are persisting (i.e., last longer than four weeks) they should be referred to a licensed healthcare professional who is an expert in the management of concussion.

How is concussion treated?

For the first 24 to 48 hours after the injury, the athlete can engage in activities of daily living, such as light walking and preparing meals, and social interactions at home. Screen time should be minimized in the first 48 hours. Then, school and sport activities can be introduced and increased gradually.

As the athlete is returning to activities, their symptoms may feel a little worse. This is common and OK as long as it is mild and brief. "Brief" means their symptoms should settle back down within an hour. If activities make their symptoms worsen more than this, they should take a break and adapt activities. Recovering from concussion is a process that takes patience. If the athlete goes back to activities before they are ready, it is likely to make their symptoms worse, and their recovery might take longer.

When should the athlete go to the

doctor?

Anyone with a possible head injury should be seen by a doctor as soon as possible.

The athlete should go back to the doctor immediately if, after being told they have a concussion, they have worsening symptoms, such as:

- being more confused
- headache that is getting worse
- vomiting more than twice
- not waking up
- having any trouble walking
- having a seizure
- strange behaviour

When can the athlete return to school?

An athlete with a concussion may miss one or more days of school. Generally, more than one week of complete absence from the school environment is not recommended. Medical clearance is not required to return to school.

The Return-to-School Strategy provides information on the stages of returning to the classroom. **Return to school should be completed before the athlete seeks medical clearance for full return to unrestricted sport activities.**

When can the athlete return to sport?

Return to sport and physical activity must follow a step-wise approach.

In this approach:

- Each stage is at least 24 hours.
- The athlete moves on to the next step when they can tolerate activities.

- If their symptoms worsen more than mildly and briefly, the athlete should stop and try again the next day at the same step.

Step 1: Activities of daily living and relative rest (first 24 to 48 hours). The athlete can start with daily living activities such as moving around the home, preparing meals, light walking and social interactions (e.g., talking with friends or family). Minimize screen time.

Step 2: Light to moderate effort aerobic exercise

2A: Start with light aerobic exercise such as walking or stationary cycling at a slow to medium pace. May begin light resistance training that does not result in more than mild and brief worsening of symptoms.

2B: Gradually increase the intensity of aerobic exercise to moderate effort, such as stationary cycling or walking at a brisk pace. Moderate effort means the activity may cause faster breathing and heart rate, but not enough to prevent you from being able to talk comfortably.

Step 3: Individual sport-specific activities, without risk of inadvertent head impact. Add sport-specific activities, such as running, skating or throwing drills, that can be done individually (away from other participants) in a low-risk environment. Activities should be supervised by a coach, trainer, teacher or parent/caregiver. Continue progressing at this step until symptomfree, even when exercising. **Medical clearance is required before step 4.**

Step 4: Training drills and activities with no contact. Progress to usual intensity exercise and add in more challenging drills such as passing drills. Participate in multi-athlete training (if applicable) and non-contact practices. There should be no impact activities (e.g., no checking, no heading the ball).

Step 5: Return to non-competitive activities, full-contact practice and physical education activities. Progress to typical physical activities, except for competitive gameplay. Restore confidence and skills.

Step 6: Return to sport and physical activity without restriction.

An athlete should

never return to
activities with risk of
contact until cleared by
a doctor!

Returning before full recovery from concussion puts athletes at higher risk of sustaining another concussion, with symptoms that may be more severe and last longer.

Additional resources

Scan the QR code or visit
parachute.ca/concussion



Concussion guide for ATHLETES

**Parachute**Concussion
Series

What is a concussion?

A concussion is a brain injury that cannot be seen on routine X-rays, CT scans, or MRIs. It affects the way you may think and remember things, and can cause a variety of symptoms.

What are the signs and symptoms of a concussion?

You do not need to be knocked out (lose consciousness) to have had a concussion. You might experience one or more of the following:

Cognitive (thinking)	Physical	Emotional/ behavioural
• Do not know time, date, place, details about a recent activity • Difficulty remembering things that happened before and after the injury • Difficulty concentrating • Not thinking clearly • Feeling like “in a fog”	• Headache or head pressure • Dizziness • Stomachache, nausea, vomiting • Blank or vacant stare • Blurred or fuzzy vision • Sensitive to light or sound • See stars, flashing lights • Ringing in the ears • Problems with balance or coordination • Feel tired or no energy • “Don’t feel right”	• Nervousness or anxiety • Strange or inappropriate emotions (i.e., laughing, crying, getting mad easily) • Slow to answer questions or follow directions • Easily distracted • Not playing well • Changes in sleep patterns (sleeping more or less than usual)

Get medical help immediately if you have any “red flag” symptoms such as neck pain, repeated vomiting, growing confusion, seizures, and weakness or tingling in your arms or legs. These may be signs of a more serious injury.

What causes a concussion?

Any blow to your head, face or neck, or a blow to your body that causes a sudden jarring of your head may cause a concussion (e.g., a ball to the head, being checked into the boards).

What should I do if I think I might have a concussion?

You should stop playing right away. Continuing to play increases your risk of more severe, longer-lasting concussion symptoms, as well as increases your risk of other injury. Tell a coach, parent/caregiver, official or other responsible person that you are concerned you might have a concussion. You should not be left alone and should be seen by a doctor as soon as possible. You should not drive. If you lose consciousness, an ambulance should be called to take you to a hospital right away. Do not return to play the same day.

What should I do if I think my teammate might have a concussion?

If another athlete tells you about symptoms or if you notice signs they might have a concussion, tell a coach, parent/caregiver, official or other responsible person. They should not be left alone and should be seen by a doctor as soon as possible.

If another athlete is knocked out, an ambulance should be called to take them to a hospital right away.

How long will it take to get better?

The signs and symptoms of a concussion usually last for up to four weeks, but may last longer. In some cases, it may take many weeks or months to heal. If you have had a previous concussion, you may take longer to heal.

If your symptoms are not improving or last longer than four weeks, you should be referred to a healthcare professional who is an expert in the management of concussion.

How is concussion treated?

For the first 24 to 48 hours after your injury, you can do activities of daily living at home. These are things such as moving around your home, preparing meals, light walking and talking to family or friends. For the first 48 hours, spend less time with screens, such as phones, TVs and computers. Then, school and sport activities can be introduced and increased gradually.

As you are returning to activities, your symptoms may feel a little worse. This is common and OK as long as it is mild and brief. "Brief" means your symptoms should settle back down within an hour. If activities make your symptoms worsen more than this, take a break and adapt activities.

Recovering from concussion is a process that takes patience. Going back to activities before you are ready is likely to make your symptoms worse, and your recovery may take longer.

When should I go to the doctor?

Anyone with a possible head injury should be seen by a doctor as soon as possible. If you are diagnosed with a concussion, your doctor should schedule a follow-up visit with you within the next one to two weeks.

You should go back to the doctor immediately if, after being told you have a concussion, you have worsening symptoms, such as:

- being more confused
- headache that is getting worse
- vomiting more than twice
- not waking up
- having any trouble walking
- having a seizure
- strange behaviour

When can I return to school?

You might miss one or more days of school. Generally, more than one week of complete absence from the school environment is not recommended. Medical clearance is not required to return to school.

You may find it hard to concentrate in class, get a worse headache, or feel sick to your stomach. You may need to begin with partial days at school and may need accommodations to help you tolerate your workload and the school environment. Examples include access to breaks, extra time to complete work, permission to wear sunglasses in class or a quiet place to eat lunch.

Each concussion is unique, so you may progress at a different rate than other people you know. You should not rush through your return to activities. At the same time, if you can tolerate being at school, you should not be restricted from attending.

Return to school should be completed before you seek medical clearance for full return to unrestricted sport activities.

When can I return to sport?

Return to sport and physical activity must follow a step-wise approach.

In this approach:

- Each stage is at least 24 hours.
- Move on to the next stage when you can tolerate activities.
- If your symptoms worsen more than mildly and briefly, stop and try again the next day at the same step.

Step 1: Activities of daily living and relative rest (first 24 to 48 hours). Start with daily living activities such as moving around the house, preparing meals, light walking and social interactions (e.g., talking with friends or family). Minimize screen time.

Step 2: Light to moderate effort aerobic exercise

2A: Start with light aerobic exercise such as walking or stationary cycling at a slow to medium pace. You can begin light resistance training that does not result in more than mild and brief worsening of your symptoms.

2B: Gradually increase the intensity to moderate effort, such as stationary cycling or walking at a brisk pace. Moderate effort means the activity may cause faster breathing and heart rate, but not enough to prevent you from being able to talk comfortably.

Step 3: Individual sport-specific activities, without risk of inadvertent head impact. Add sport-specific activities,

such as running, skating or throwing drills, that can be done individually (away from other participants) in a low-risk environment. Activities should be supervised by a coach, trainer, teacher or parent/caregiver. Continue progressing at this step until symptomfree, even when exercising.

Medical clearance is required before step 4.

Step 4: Training drills and activities with no contact (no checking, no heading the ball, etc.). Progress to usual intensity exercise and add in more challenging drills such as passing drills. Participate in multi-athlete training (if applicable) and non-contact practices.

Step 5: Return to non-competitive activities, full-contact practice and physical education activities. Progress to typical physical activities, except for competitive gameplay. Restore your confidence and skills.

Step 6: Return to sport and physical activity without restriction.

Never return to activities with risk of contact until cleared by a doctor!

Returning before full recovery from concussion puts you at higher risk of sustaining another concussion, with symptoms that may be more severe and last longer.

Additional resources

Scan the QR code or visit parachute.ca/concussion



Concussion guide for PARENTS AND CAREGIVERS

What is a concussion?

A concussion is a brain injury that cannot be seen on routine X-rays, CT scans, or MRIs. It affects the way a child may think and remember things, and can cause a variety of symptoms.

What are the signs and symptoms of a concussion?

Your child does not need to be knocked out (lose consciousness) to have had a concussion. Your child might experience one or more of the following. When watching for signs or symptoms of a potential concussion, consider how your child typically feels and behaves.

Cognitive (thinking)	Physical	Emotional/behavioural
• Does not know time, date, place, details about a recent activity • Difficulty remembering things that happened before and after the injury • Difficulty concentrating • Not thinking clearly • Feeling like “in a fog”	• Headache or head pressure • Dizziness • Stomachache, nausea, vomiting • Blank or vacant stare • Blurred or fuzzy vision • Sensitive to light or sound • Sees stars, flashing lights • Ringing in the ears • Problems with balance or coordination • Feels tired or no energy • “Don’t feel right”	• Nervousness or anxiety • Strange or inappropriate emotions (i.e., laughing, crying, getting mad easily) • Slow to answer questions or follow directions • Easily distracted • Not participating well • Changes in sleep patterns (sleeping more or less than usual)

It is more difficult for infants, toddlers and preschoolers to communicate how they are feeling. If you have a young child, you might notice any of the following: crying more than usual; unsteady walking; lack of interest in favourite toys; changes in nursing, eating or sleeping patterns; or loss of new skills, such as toilet training.

Get medical help immediately if your child has any “red flag” symptoms such as neck pain, repeated vomiting, growing confusion, seizures, and weakness or tingling in their arms or legs. These may be signs of a more serious injury.

What causes a concussion?

Any blow to the head, face or neck, or a blow to the body that causes a sudden jarring of the head, may cause a concussion (e.g., a ball to the head, colliding with another person).

What should I do if I suspect my child has a concussion?

In all suspected cases of concussion, your child should stop the activity right away. Continuing increases their risk of more severe, longer-lasting concussion symptoms, as well as increases their risk of other injury.

The Concussion Recognition Tool 6 (CRT6) can be used by anyone to help recognize the signs and symptoms of a possible concussion.

Your child should not be left alone and should be seen by a doctor as soon as possible.

If your child loses consciousness, call an ambulance to take them to the hospital right away. Do not move your child or remove any equipment such as a helmet.

Your child should not return to play the same day.

How long before my child gets better?

The signs and symptoms of a concussion often last for up to four weeks but may last longer. In some cases, children may take many weeks or months to heal. If your child has had a concussion before, they may take longer to heal.

If your child's symptoms are not improving or last longer than four weeks, they should be referred to a licensed healthcare professional who is an expert in the management of concussion.

How is concussion treated?

For the first 24 to 48 hours after the injury, your child can do activities of daily living, such as moving around the home, bathing, light walking and social interactions at home. For the first 48 hours, they should spend less time with screens, such as phones, TVs and computers. Then, school and sport activities can be introduced and increased gradually.

As your child is returning to activities, their symptoms may feel a little worse. This is common and OK as long as it is mild and brief. "Brief" means their symptoms should settle back down within an hour. If activities make their symptoms worsen more than this, they should take a break and adapt activities.

Recovering from concussion is a process that takes patience. If your child goes back to activities before they are ready, it is likely to make their symptoms worse, and their recovery might take longer.

When should my child go to the doctor?

Anyone with a possible head injury should be seen by a doctor as soon as possible. If your child is diagnosed with a concussion, the doctor should schedule a follow-up visit within the next one to two weeks.

Take your child back to the doctor immediately if, after being told they have a concussion, they have worsening symptoms, such as:

- being more confused
- headache that is getting worse
- vomiting more than twice
- not waking up

- having any trouble walking
- having a seizure
- strange behaviour

When can my child return to school?

A child with a concussion may miss one or more days of school. Generally, more than one week of complete absence from the school environment is not recommended. Medical clearance is not required to return to school. Your child may find it hard to concentrate in class, get a worse headache or feel sick to their stomach. They may need to begin with partial days at school and may need accommodations to help them tolerate their workload and the school environment. Examples include access to breaks, extra time to complete work, permission to wear sunglasses in class or a quiet place to eat lunch.

Each concussion is unique, so your child may progress at a different rate than others. They should not be rushed through their return to activities. At the same time, if your child can tolerate being at school, they should not be restricted from attending.

The Return-to-School Strategy provides information on the stages of returning to the classroom. **Return to school should be completed before your child seeks medical clearance for full return to unrestricted sport activities.**

When can my child return to sport and physical activity?

Return to sport and physical activity must follow a step-wise approach.

In this approach:

- Each stage is at least 24 hours.
- Your child moves on to the next stage when they can tolerate activities.
- If any of your child's symptoms worsen more than mildly and briefly, they should stop and try again the next day at the same step.

Step 1: Activities of daily living and relative rest (first 24 to 48 hours). Your child can start with daily living activities such as moving around the house, light walking and social interactions (e.g., talking with friends or family). Minimize screen time. **Step 2: Light to moderate effort aerobic exercise**

2A: Start with light aerobic exercise such as walking or stationary cycling at a slow to medium pace. May begin light resistance training that does not result in more than mild and brief worsening of symptoms.

2B: Gradually increase the intensity of aerobic exercise to moderate effort, such as stationary cycling or walking at a brisk pace. Moderate effort means the activity may cause faster breathing and heart rate, but not enough to prevent you from being able to talk comfortably.

Step 3: Individual sport-specific activities, without risk of inadvertent head impact. Add sport-specific activities, such as running, skating or throwing drills, that can be done individually (away from other participants) in a low-risk environment. Activities should be supervised by a coach, trainer, teacher or parent/caregiver. Continue progressing at this step until symptomfree, even when exercising. **Medical clearance is required before step 4.**

Step 4: Training drills and activities with no contact (e.g., no checking, no heading the ball). Progress to usual intensity exercise and add in more challenging drills such as passing drills. Participate in multi-athlete training (if applicable) and non-contact practices.

Step 5: Return to non-competitive activities, full-contact practice and physical education activities. Progress to typical physical activities, except for competitive gameplay. Restore confidence and skills.

Step 6: Return to sport and physical activity without restriction.

Your child should not return to activities with risk of contact until cleared by a doctor!

Returning too soon before full recovery from concussion puts your child at higher risk of sustaining another concussion, with symptoms that may be more severe and last longer.

Additional resources – scan the QR code:



Working with the Media

Four tips for HWDSB secondary school coaches when dealing with the media

This document was developed in consultation with HWDSB Athletics media partners in hopes to improve the media coverage of HWDSB sports AND make it easier for coaches to deal with media related questions & requests.

Understanding is the biggest hurdle in dealing with the media.

1. **Submit your score promptly.**

Hamilton area media are looking for your scores (and the quicker the better) The easiest way to promote your team is to promptly submit your scores using the tools available to you at www.hwdsb.on.ca/athletics. The easiest way is to log on and submit your information online preferably within a few minutes after the end of the game. Athletics has created various ways to achieve this. Visit: <http://www.hwdsb.on.ca/athletics/secondary-score-reporting/> for more details on submitting scores.

2. **The Game Sheet**

The game sheet is the media's life line to letting people know what happened in your game. Ensure the game sheet is properly filled out and has all the correct information on it including jersey #'s and names. You shouldn't give the media a game sheet (retain it for your records), but letting them take a photo of it or allowing them a few minutes to take notes so they can take down who scored is a big help for them.

3. **Team Roster**

Please carry additional rosters with to **ALL** games (not just the important ones). A roster should include the properly spelled full names (first and last), jersey #, position and grade. Athletics has a roster template available online to download which will assist you with this.

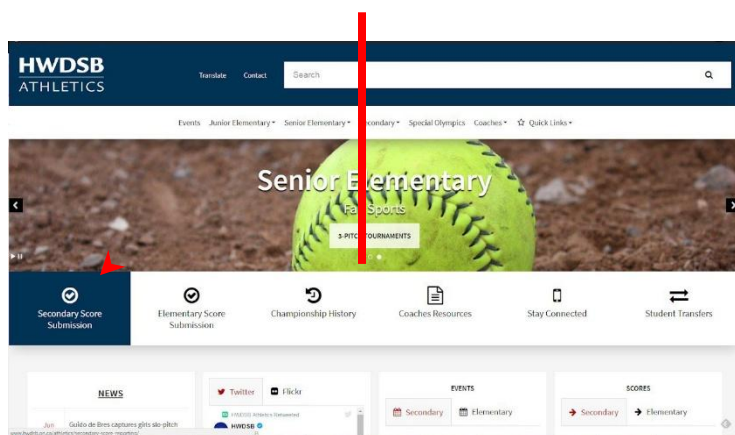
TIP: Make sure to update this if you add new players or information changes. HINT: If jersey #'s have changed - make sure the media can easily cross reference the players names on the game sheet or roster to ensure the right student-athlete is recognized.

4. **Got A Story Idea?**

Do you have an student-athlete or team you think needs to be profiled? Don't be afraid to share the story with a media member you meet. Also talk with your Phys-Ed Head about or send a your story ideas to athletics@hwdsb.on.ca. We can help direct you to the appropriate media member.

SCORE & GAME SHEET SUBMISSION (UPLOAD) FOR HWDSB ATHLETICS A COACH'S RESOURCE

1. Go to <http://www.hwdsb.on.ca/athletics>
2. Click Secondary Score Submission on left hand side of screen



3. Enter your user name and password (please see your Athletic Contact / Phys Ed Head within your school for this)

Secondary Score Submission A+ A-

High School Sports Zone Login

Login (follow these instructions (pdf)) using your school account and post scores instantly. High School Sports Zone will update results, tweet your score and update standings instantly. For username & password contact your school's Phys-Ed Head. Having issues trying to login - try this link

HWDSB ATHLETICS Coaches - High School Sports Zone Login

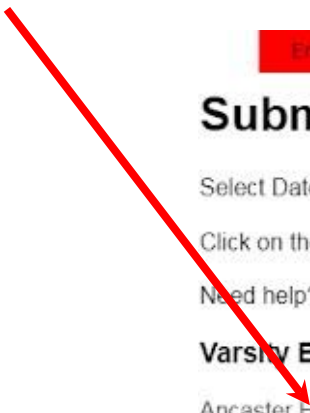
Login (follow these instructions) using your school account and post scores instantly. High School Sports Zone will update results, tweet your score and update standings instantly. For username & password contact your school's Phys-Ed Head.

User Name:

Password:

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4. Locate the game you want to enter a score
(note current date will always be displayed; however you can update previous scores if need be)



[Enter a Score](#)

[Tournaments](#)

[Log Out](#)

Submit Game Score

Select Date:

Click on the game to enter, update, or delete the score.

Need help? Click [here](#) for a video guide to entering a score.

Varsity Boys Baseball

[Ancaster HS vs. Delta SS Upload Gamesheet](#)

5. **Submit** game score for both teams and include key stats (see sport stat entry for guidelines)

[Enter a Score](#) | [Tournaments](#) | [Log Out](#)

Submit Game Score

Game date and time: Tue. Aug. 13 at 1:00 PM

[Go Back](#)

Junior Boys Basketball

Schools	Score	Key Stats (200 characters max.)
Visitor: Monsignor Doyle CSS	100	Insert key stats HERE (see sport stat entry for guidelines) REC ✓
Home: St. David CSS	100	Insert key stats HERE (see sport stat entry for guidelines) REC ✓
Full Game Report (optional): Insert any options REC ✓		

[Submit Game Score](#) Send text and tweet: Yes

Once complete click "SUBMIT GAME SCORE"; Note 'Send text and tweet' should default to YES. If set to NO – switch dropdown to YES

Please see Score Entry Style Guidelines for information on how to enter scores.

Game Sheet Upload

If you are a coach of the following sports: **football, hockey & soccer** you are required you upload your game sheet using digitally.

1. Select the game date and then find the game on the specific date that you need to upload and click “Upload Game sheet”



2. Select “Choose File” and locate the game sheet file on your computer. Then click “Upload Gamesheet”



Score Entry Style Guidelines

In order to properly communicate to our media partners and fans, HWDSB Athletics asks all schools, athletic directors and coaches to use the following style when submitting scores into district8.ca website

INDIVIDUAL SCORE ENTRY GUIDELINES

- Players must be identified by FIRST and LAST names only
 - *If two players have the same first and last names, please identify using middle initial along with first and last names*
- If player scores once – indicate just first and last name
- If player scores multiple goals/points - indicate in brackets following name (X)
- For sport specific statistics – please see section below

Basketball

- Enter total points scored and rebounds for top players in game (can be more than one person per team)
 - *Top players should be considered anyone who logs over 10 in a certain category (points or rebounds) or was teams top scorer/rebounder*
- Differentiate each student with a semicolon.
- Acceptable to list just one stat category based on performance (see note below)

Example

SCHOOL		SCORE	KEY STATS
Visitor:	Highland	50	Patric McGlynn 17 pts, 15 rebounds; Jacob Gilbert 16 points; Kirolos Milio 10 rebounds
Home:	Southmount	57	Tesloth Simon 20pts, 5 rebounds; Nathan Riley 12 pts.

Note Milio from Westmount's rebounds were only listed since he scored only a few baskets in this game

Field Hockey/Soccer/Water Polo/Hockey

- Enter all goals and shutout only (if applicable)
- Differentiate defensive stats (shutout) with semi-colon

Example game with shutout

SCHOOL		SCORE	KEY STATS
Visitor:	Hill Park	0	
Home:	Barton	4	Tatum Dietrich (3), Katherine MacMillan; Izabella Thompson (Shutout)

Example game without shutout

SCHOOL		SCORE	KEY STATS
Visitor:	Parkside	1	Noah Franklin
Home:	Hill Park	2	James Wilkinson (2); Elliot Dixon (Shutout)

Rugby/Football/

- Enter total points scored by ALL players scoring

Example

SCHOOL		SCORE	KEY STATS
Visitor:	Barton	7	Raven Henry (5) Kelly Stockwell (2)
Home:	Southmount	15	Jessie Brush (10) Emma Jada (5)

Volleyball

- List SET SCORES by team only; insert – in between set scores

Example

Schools	Score	Key Stats (200 characters max.)
Visitor: Great Lakes	1	Set Scores: 25 10 12
Home: Clearwater	2	Set Scores: 21 25 15
Full Game Report (optional):		

Code of Conduct for Spectators to Hamilton-Wentworth Interscholastic Athletic Council (HWIAC) Events

HWDSB & HWIAC are committed to providing a safe and inclusive environment that is free of violence, abuse and harassment. Everyone is welcome and should expect to help promote an environment where people are treated in a courteous, professional, considerate and respectful manner by all spectators, staff and participants. Accordingly, in alignment with the Ontario Safe Schools Act, HWDSB has a zero-tolerance policy and will not tolerate unsafe, abusive, unlawful or offensive conduct at our events. The Spectator Code of Conduct reminds spectators to:

- Cheer in a positive manner
- Respect officials decisions
- Not interfere with the competition
- Keep off of the playing area
- Be courteous and respectful

The following conduct addresses conduct that is inconsistent with HWDSB:

- Behaviour that is unruly, disruptive, threatening or violent in nature, including verbal or physical harassment of officials, student-athletes, teacher-coaches, staff or other spectators
- Conduct that is illegal
- Conduct that results in damage to the facility or other personal property
- Displaying signs, symbols, images (including those associated with hate based organizations), using language or making gestures that are threatening, abusive, or discriminatory, including on the basis of race, ethnicity, national origin, religion, gender, gender identity, ability, and/or sexual orientation
- Interfering with the competition, including; entering the field of play, throwing objects of any kind, incidents of distraction (e.g. artificial noisemakers, noise during a serve or foul shot, etc.)
- Failing to follow requests regarding event operations, policies and emergency response procedures
- Consumption or being under the influence of any alcoholic beverage or drugs, other than medication prescribed by a medical doctor, whether of legal age or not, at any time during a HWIAC event.
- Any disruptive, harmful or disorderly behaviour or any act which presents a risk to the safety of other individuals, interferes with the competition or otherwise targets other spectators or other spectators enjoyment of the competition.

Failure to comply with the Code of Conduct for Spectators may lead to ejection and/or penalties listed below:

Ejection, suspension of entry privileges, notification to appropriate sport governing bodies, requiring written letter of apology and/or requiring appropriate restitution.

Responsibilities of Parent/Guardian, Student, Supervisor and Volunteer Drivers

Parent/Guardian

- Complete all appropriate forms and return to school with funds by date indicated.
- **Update emergency health information**
- Arrange transportation to sporting event if NOT provided by school
- Review trip expectations, School Code of Conduct, Code of Conduct on School Related Vehicles
- Continue to provide daily required and emergency medications as customary in school setting
- If applicable, provide additional student insurance

Student

- Comply with Codes of Conduct
- A reminder you are a representative of the school and the school board. Please act accordingly within the guidelines the code of conduct.

Volunteer Supervisor

- Be well informed about the details of the student trip and responsibilities
- Model appropriate standards of behavior
- Report any accident, injury or discipline issues to the teacher in charge of excursion
- Respect the confidentiality of the student, teacher and the school

Volunteer Driver

- Meet requirements of Volunteer Driver Form as per Volunteer Policy 2.11
- Obtain Police Vulnerable Sector Screen
- Complete and return Volunteer Driver Form and submit Vulnerable Sector Screen to school
- Ensure children under 12 years of age are seated in the back seats if vehicle has front passenger air bags
- **If you wish to volunteer please contact the school and complete the applicable volunteer forms**

NOTE: Students driving self are not covered under the school board's Non-Owned Automobile Insurance Coverage. A declaration and proof of insurance is required for all Volunteer Drivers

SPORT SCHEDULE & STUDENT EXCUSAL

[illegible]

Once excused, parents/guardians are responsible for their child's transportation to and from the event