



Student-Athlete and Parents/Guardians Concussion Code of Conduct

Parents/Guardians for student-athletes under 18 years of age are to review this document.

I will help prevent concussions by:

- Wearing the appropriate equipment for my sport and wearing it correctly.
- Developing my skills and strength so that I can participate to the best of my ability.
- Respecting the rules of my sport or activity.
- My commitment to fair play and respect for all (respecting other student-athletes, coaches, team trainers, officials, medical staff, spectators).

I will care for my health and safety by taking concussions seriously, and I understand that:

- A concussion is a form of traumatic brain injury that can have both short and long-term effects.
- A concussion can be caused by a direct blow to the head, face, or neck, or may be caused by a blow elsewhere on the body that transmits a force to the head, causing the brain to shake within the skull and result in a concussion.
- I do not need to lose consciousness to have had a concussion. Every concussion is different and can manifest in different signs-and-symptoms profiles. Signs and symptoms of concussion may range from mild to severe, and may be experienced immediately or appear several hours/days after the initial impact.
- I have a commitment to concussion recognition and reporting, including self-reporting of possible concussion and reporting to a designated person (ie. coach, athletic therapist), and reporting to a designated person if I think that another individual may have sustained a concussion. If I think I might have a concussion, I should stop participating in training/practice/competition immediately and report to the designated person. If I know another student-athlete is experiencing

concussion signs/symptoms, I should immediately report to the designated person.

- Continuing to participate in further training, practice or competition with a possible concussion increases my risk of more severe, longer lasting symptoms, and increases my risk of other injuries.

I will not hide concussion symptoms. I will speak up for myself and others.

- I will not hide my symptoms. I will tell a coach, official, team trainer, parent or another adult I trust if I experience **any** symptoms of concussion.
- If someone else tells me about their concussion symptoms, or I see signs they might have a concussion, I will tell a coach, official, team trainer, parent or another adult I trust so they can help.
- I understand that if I have a suspected concussion, I will be removed from sport and that I will not be able to return to training, practice or competition until I undergo a medical assessment by a medical doctor or nurse practitioner and have been medically cleared to return to training, practice or competition. A written note from the physician/nurse practitioner denoting clearance to return-to-play must be provided to the coach(s).
- I have a commitment to sharing any pertinent information regarding incidents of removal from sport with my school and any other sport organization with which I may be registered. If I am diagnosed with a concussion, I understand that letting all of my other coaches and teachers know about my injury will help them support me while I recover.

I will take the time I need to recover, because it is important for my health.

- I understand my commitment to supporting the return-to-sport process and I will follow my school's Return-to-Learn and Return-to-Sport Protocol.
- I understand I will have to be medically cleared by a medical doctor or nurse practitioner before returning to training, practice or competition. A written note from the physician/nurse practitioner denoting clearance to return-to-play must be provided to the coach(s).
- I will respect my coaches, team trainers, parents, health-care professionals, and medical doctors and nurse practitioners, regarding my health and safety.