



# **CONCUSSION CODE OF CONDUCT FOR ATHLETES/PARTICIPANTS 18+**

## **Every Athlete/Participant is responsible for:**

- An annual review of the concussion awareness resources available from the Ontario Ministry of Heritage, Sport, Tourism and Culture Industries (the “Ministry”) and any additional and related items, as communicated by Indigenous Sport & Wellness Ontario (“ISWO”);
- An annual review of ISWO’s Concussion Safety Protocols and Return-to-Play Policy;
- Implementing the concussion policies and resources available from the Ministry and ISWO at all ISWO programs and Indigenous Team Ontario sanctioned activities; and
- Respecting all players, coaches, opponents, games officials and spectators.

## **ISWO’s Over 18 Concussion Code requires that at a minimum, athletes, parents/guardians of those athletes under the age of 18, coaches, and team trainers, must:**

- Commit to fair play and respect for all.
- Commit to concussion recognition and reporting, including self-reporting of possible concussions, and reporting to a designated person when an individual suspects that another individual may have sustained a concussion.
- Commit to supporting the Return-To-Play process.
- Commit to sharing any pertinent information regarding incidents of a Removal-From-Play with the athlete’s school and any other sport organization with which the athlete is registered.
- Commit to providing opportunities before and after each training, practice, and competition to enable athletes to discuss potential issues related to concussions (applicable to coaches only).
- Commit to zero-tolerance for prohibited play that is considered high-risk for causing concussions.
- Acknowledge the mandatory expulsion from competition for violating zero-tolerance for prohibited play that is considered high risk for causing concussions.
- Acknowledge the escalating consequences for those who repeatedly violate the concussion code of conduct.

## **As an Athlete/Participant, I will help to prevent concussions by:**

- Ensuring that proper sport equipment is worn during practice, training, competition, and that it is worn correctly.
- Committing to developing my skills and strengths so that I can participate to the best of my ability.
- Respecting the rules of the sport or activity.
- Committing to fair play and respect for all, including respecting coaches, officials and all other participants.

## **As an Athlete/Participant, I will care for my health and safety by taking concussions seriously. I understand that:**

- A concussion is a traumatic brain injury that can have both short and long-term effects.

- A bump, blow or jolt to the head, face, neck or body that causes the head and brain to move rapidly back and forth may cause a concussion.
- A person doesn't need to lose consciousness to have sustained a concussion.
- An athlete with a suspected concussion should stop participating in training, practice or competition **immediately**.
- I have a commitment to concussion recognition and reporting, including reporting to a designated person, such as a head or lead team coach, when I suspect that I or any other individual may have sustained a concussion.
- Continuing to participate in training, practice or competition with a possible concussion increases the risk of more severe, longer lasting symptoms and increases the risk of other injuries.

**As an Athlete/Participant, I will not hide my concussion symptoms and will speak up for myself and others. To do this, I will:**

- Not hide my symptoms. I will tell a coach, official, team trainer, teammate or another adult I trust if I experience any symptoms of concussion.
- If someone else tells me about concussion symptoms, or I see signs they might have a concussion, I will tell a coach, official, team trainer, teammate 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 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.
- I have a commitment to sharing any pertinent information regarding incidents of removal from sport with my school and/or any other sport organization with which I have registered.

**As an Athlete/Participant, I will ensure I take the time needed to recover, because it is important for my health.**

- I understand my commitment to supporting the Return-to-Play protocols, as provided in the Indigenous Sport & Wellness Ontario Concussion Safety Protocols.
- I understand I will have to be medically cleared by a medical professional or nurse practitioner before returning to training, practice or competition.
- I will respect my coaches, team trainers, teammates, health-care professionals and medical doctors and nurse practitioners, regarding my health and safety.

Please note, ISWO has a zero-tolerance policy and failure to comply with the ISWO's Over 18 Concussion Code will result in disciplinary action at the discretion of ISWO.

**By signing, I acknowledge that I have fully reviewed the ISWO Concussion Safety Protocols and Policy, and have reviewed and commit to ISWO's Over 18 Concussion Code.**

Full Name (First and Last):

Signature:

Athlete Name:

Date: