



CONCUSSION CODE OF CONDUCT FOR ATHLETES/PARTICIPANTS UNDER 18

Every Athlete, Parent/Guardian 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; and
- Abiding by 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 Under 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 concussion (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 and a Parent/Guardian of an Athlete, I will help to prevent concussions by:

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

As an Athlete and/or Parent/Guardian, I will care for my/the athlete’s 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 an ISWO staff member, Head, Lead, or Assistant Team Coach, when I suspect that an 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 and Parent/Guardian, I will not hide my/the athlete's concussion symptoms and will speak up for myself and others. To do this, I will:

- Not hide my/the athlete's symptoms. I will tell a coach, official, team trainer, parent or another adult I trust if I experience/observe 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, parent or another adult I trust so they can help.
- I understand that if I/the athlete have/has a suspected concussion. I/they will be removed from sport and will not be able to return to training, practice or competition until I/the athlete 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 the athlete's school and any other sport organization with which the athlete has registered.

As an Athlete and Parent/Guardian, I will ensure I/the athlete take the time needed to recover, because it is important for my/the athlete's health.

- I understand my commitment to supporting the Return-to-Play protocols, as provided in ISWO's Concussion Safety Protocols.
- I understand that I/the athlete 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, parents, health-care professionals and medical doctors and nurse practitioners, regarding my/the athlete's health and safety.

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

By signing, I acknowledge that I have fully reviewed the following:

- ISWO Concussion Safety Protocols and Policy
- The Ministry's materials and resources (available on the ISWO website or at www.ontario.ca/page/rowans-law-concussion-awareness-resources)
- Reviewed and commit to ISWO's Under 18 Concussion Code

Athlete's Name (First and Last):

Parent/Guardian Name (First and Last):

Date:

Parent/Guardian Signature: