

## **NBCC Concussion Code of Conduct for Athletes**

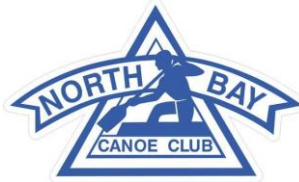
This Concussion Code of Conduct for athletes and parents/guardians is mandatory in the Province of Ontario under the newly adopted Rowan's Law legislation.

### **I will help prevent concussions by:**

- Respecting the rules of my sport or activity.
- My commitment to fair play and respect for all (respecting other athletes, coaches, team trainers and officials).

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

- A concussion is a brain injury that can have both short- and long-term effects.
- A blow to my head, face or neck, or a blow to the body that causes the brain to move around inside the skull may cause a concussion.
- I don't need to lose consciousness to have had a concussion.
- I have a commitment to concussion recognition and reporting, including self-reporting of possible concussion and reporting to my coach or the NBCC Head Coach when an individual suspects that another individual may have sustained a concussion. In other words, if I think I might have a concussion I should stop participating in further training, practice, or competition **immediately** or tell an adult if I think another athlete has a concussion.
- 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.



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

- I will not hide my symptoms. I will tell my discipline coach, the NBCC Head Coach, an official, parent 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 my coach, the NBCC Head Coach, an official, 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.
- 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\* (Meaning: 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\* (I will have to follow my sport organization's 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.
- I will respect my coaches, team trainers, parents, health-care professionals, and medical doctors and nurse practitioners, regarding my health and safety.

**By checking the I Agree box of my online registration, I acknowledge that I have fully reviewed and commit to this Concussion Code of Conduct.**