



Concussion Code of Conduct for Team Officials

I will help prevent concussions by:

- Ensuring that my athletes wear the proper equipment and wear it correctly.
- Helping my athletes to develop their skills and strength so that they can participate to the best of their ability.
- Respecting the rules of my sport or activity and ensuring that my athletes respect the rules as well.
- My commitment to fair play and respect for all (respecting other coaches, team trainers and officials) and ensuring that my athletes commit to fair play as well.
- Reading and following the North York Academy Concussion Toolkit for Coaches and Parents

I will care for health and safety of my athletes 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 the head, face or neck, or a blow to the body that causes the brain to move around inside the skull may cause a concussion.
- Athletes do not need to lose consciousness to have had a concussion.
- I have a commitment to immediately remove athletes with suspected concussion from soccer related activities
- I have a commitment to concussion recognition and reporting, including self-reporting of possible concussion; reporting to a designated person when and individual suspects that another individual may have sustained a concussion.
- Continuing to participate in further training, practice or competition with a possible concussion increases athletes' risk of more severe, longer lasting symptoms, and increases athletes' risk of other injuries.

I will ensure that athletes feel safe to speak up for themselves and other athletes:

- Encourage athletes to share their concerns regarding health-related issues.
- Make sure that athletes understand that they can tell me, other team officials and their parents about their experience and symptoms of concussion.
- Understand that if an athlete has a suspected concussion, she/he will be removed from sport and that she/he will not be able to return to training, practice or competition until she/he undergo a medical assessment by a medical doctor or nurse practitioner and has been medically cleared to return to training, practice or competition.
- Commit to providing opportunities before and after each training, practice and competition to enable athletes to discuss concerns related to concussions.

I will support athletes to take the time they need to recover, because it is important for their 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 that the athletes will have to be medically cleared by a medical doctor or nurse practitioner before returning to training, practice or competition.
- I will respect my fellow coaches, team trainers, parents, health-care professionals, and medical doctors and nurse practitioners, regarding my athletes' health and safety.

By signing here, I acknowledge that I have fully reviewed and commit to this Concussion Code of Conduct and I acknowledge that I have reviewed the North York Academy Concussion Toolkit for Coaches and Parents.

Team Official:

Parent/Guardian (of team officials who are under 18 years of age):

Date: