

# East York Curling Club

## Concussion Code of Conduct for Coaches & On-Ice Instructors

This is the Concussion Code of Conduct for coaches and on-ice instructors at East York Curling Club. This Code of Conduct must be reviewed annually. Governing your actions by this Code of Conduct will minimize the risk, to participants you are working with, of concussion and ensure you are aware of the signs of concussions and you act honestly and appropriately should symptoms of a concussion be noticed.

### I can help prevent concussions through my:

- Efforts to ensure that my participants wear the proper equipment and wear it correctly.
- Efforts to help my participants develop their skills and strength so they can participate to the best of their abilities.
- Respect for the rules of my sport or activity and efforts to ensure that my participants do, too.
- Commitment to fair play and respect for all (respecting other coaches, on-ice instructors, officials and all participants and ensuring my participants respect others and play fair).

### I will care for the health and safety of all participants by taking concussions seriously. 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 may cause the brain to move around inside the skull and result in a concussion.
- A person doesn't need to lose consciousness to have had a concussion.
- A participant with a suspected concussion should stop participating in training, practice or competition **immediately**.
- I have a commitment to concussion recognition and reporting, including self-reporting of possible concussion and reporting to a designated person when an individual suspects that another individual may have sustained a concussion.
- Continuing to participate in further training, practice or competition with a suspected concussion increases a person's risk of more severe, longer lasting symptoms, and increases their risk of other injuries or even death.

### I will create an environment where participants feel safe and comfortable speaking up. I will:

- Encourage participants not to hide their symptoms, but to tell me, an on-ice instructor, parent or another adult they trust if they experience **any** symptoms of concussion after an impact.

- Lead by example. I will tell a fellow coach, on-ice instructor and seek medical attention by a physician or nurse practitioner if I am experiencing any concussion symptoms.
- Understand and respect that any participant with a suspected concussion must be removed from sport and not permitted to return until they undergo a medical assessment by a physician or nurse practitioner and have been medically cleared to return to training, practice or competition.
- *For coaches only.* Commit to providing opportunities before and after each training, practice and competition to enable participants to discuss potential issues related to concussions.

**I will support all participants to take the time they need to recover.**

- I understand my commitment to supporting the return-to-sport process.
- I understand the participants will have to be cleared by a physician or nurse practitioner before returning to sport.
- I will respect my fellow coaches, on-ice instructors, parents, physicians and nurse practitioners and any decisions made with regards to the health and safety of my participants.

**By signing here, I acknowledge that I have fully reviewed and commit to this Concussion Code of Conduct.**

**Coach/On-Ice Instructor Name (Print):** \_\_\_\_\_

**Coach/On-Ice Instructor Signature:** \_\_\_\_\_

**Witness Name (Print):** \_\_\_\_\_

**Witness Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_