

## Concussion Code of Conduct for Coaches

### I can help prevent concussions through my:

- Respect for the rules of artistic swimming and efforts to ensure my athletes also respect the rules of the sport.
- Commitment to fair play and respect for all including respecting other coaches, officials and all participants and ensuring my athletes respect others and play fair.
- Efforts to ensure a safe environment by selecting activities and establishing controls that are suitable for the age, experience, ability and fitness level of my athletes, and by educating athletes as to their responsibilities in contributing to a safe environment.
- Efforts to help my athletes develop their skills and strength so they can participate to the best of their abilities.

### I will care for the health and safety of all participants 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 had 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 Coach or lead 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.

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

#### I will:

- Encourage athletes not to hide their symptoms, but to tell me, another coach, an official, 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, official or another adult I trust and seek medical attention by a medical professional if I am experiencing any concussion symptoms.
- Understand and respect that any athlete with a suspected concussion must be removed from sport and not permitted to return until they undergo a medical assessment by a medical professional<sup>1</sup> and have been medically cleared to return to training, practice or competition.
- Commit to providing opportunities before and after each training, practice and competition to allow athletes to discuss potential issues related to concussions.

**I will support all participants in taking the time they need to recover because it is important for their health.**

- I will work cooperatively with other coaches, officials, parents and medical and other health-care professionals regarding the health and safety of my athletes.
- I understand that I or a designated person such as a Head Coach or lead team coach must submit an incident report through the Ontario Artistic Swimming Injury Tracker immediately after a concussion is suspected.
- I understand I must implement the Ontario Artistic Swimming Return-to-sport Protocol for all instances of concussion injury.
- I understand athletes will have to be medically cleared by a medical professional before returning to training, practice or competition.

**By signing here, I acknowledge that I have reviewed one of the Ontario Concussion Awareness Resources and have reviewed and commit to this Concussion Code of Conduct for Coaches.**

**Coach:** \_\_\_\_\_

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

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<sup>1</sup> Medical clearance to exercise must be provided by a medical professional. This includes a family physician, pediatrician, emergency room physician, sports-medicine physician, neurologist or nurse practitioner. Documentation from any other source will not be acceptable.