

ONTARIO ARTISTIC SWIMMING

CONCUSSION CODE OF CONDUCT FOR OFFICIALS

I can help prevent concussions through my:

- Respect for the rules of artistic swimming and my commitment to upholding the rules of the sport.
- Commitment to fair play and respect for all including respecting other officials, coaches, athletes, and all participants.
- Efforts to ensure a safe sport environment by enforcing rules and guidelines that are in place to protect participant safety and educating myself as to my responsibilities in contributing to a safe environment.
- Efforts to speak up if I observe any unsafe practices and educating others about safe sport environments if needed. 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 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 self-reporting of possible concussion and reporting to a designated person when I suspect 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:

- 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 and have been medically cleared to return to training, practice or competition.

- Encourage athletes not to hide their symptoms, but to tell their coach, me, another official, parent, or an adult they trust if they experience any symptoms of concussion after an impact.
- Lead by example. I will tell a fellow official and seek medical attention by a medical professional if I am experiencing concussion symptoms.

I will support all participants 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 understand that athletes will have to be cleared by a medical professional before returning to sport.
- I will work co-operatively with and respect my fellow officials, coaches, parents and medical professionals and any decisions made with regards to the health and safety of an athlete.

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 Officials.

Official: _____

Date: _____