

Concussion Code of Conduct for Athletes (and Parents or Guardians of Athletes Under 18 Years of Age)

I will help prevent concussions by:

- Respecting the rules of artistic swimming and understanding my responsibilities in contributing to a safe environment.
- My commitment to fair play and respect for all including respecting other athletes, coaches and officials.
- Developing my skills and strength so that I can participate to the best of my ability.

I will care for my health and safety by taking concussions seriously and 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.
- I don't need to lose consciousness to have had a concussion.
- I have a commitment to concussion recognition and reporting. If I think I might have a concussion I should tell a coach, official, parent or another adult I trust and stop participating in training, practice or competition **immediately**.
- I should tell a coach, official, parent or another adult I trust if I think another athlete has a concussion.
- Continuing to participate in training, practice or competition with a possible concussion increases my risk of more severe, longer lasting symptoms, and increases my risk of other injuries.

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

- I will not hide my symptoms. I will tell a coach, 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 a coach, 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 and have been medically cleared to exercise.
- 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 that my coach or a designated person such as a Head Coach or lead team coach will submit an incident report through the Ontario Artistic Swimming Injury Tracker if a concussion is suspected.
- I will follow the Ontario Artistic Swimming Return-to-sport Protocol.
- I understand I will have to be medically cleared by a medical professional¹ before returning to training, practice or competition.
- I will respect my parents and coaches, officials and medical and other health-care professionals regarding my health and safety.

By signing here, I acknowledge that I have reviewed the Ontario Concussion Awareness Resource relevant to my participation (or the participation of my child) and have reviewed and commit to this Concussion Code of Conduct for Athletes.

Athlete: _____

Parent or guardian of athletes who are under 18 years of age: _____

Date: _____

¹ 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.