



## Gander Revolution Football Club (GRFC)

5 Penney Ave, Gander, NL, A1V 1W5

ganderrevolution@gmail.com



### Concussion Code of Conduct for Coaches, Managers & Team Trainers

The Concussion Code of Conduct for Coaches, Managers & Team Trainers exists to ensure the safety of the Club's players. All team officials are required to adhere to the Club's Concussion Code of Conduct at all times.

I can help prevent concussions through my:

- efforts to ensure that my athletes wear the proper equipment and wear it correctly.
- efforts to help my athletes develop 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 athletes do, too
- commitment to fair play and respect for all (respecting other coaches, team trainers, officials and all participants and ensuring my athletes 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 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 or competition immediately.
- I have a commitment to concussion recognition and reporting, including the self-reporting of a possible concussion and reporting when 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 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 athletes not to hide their symptoms, but to tell me, 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, team trainer and seek medical attention by a physician or nurse practitioner 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 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 athletes to discuss potential issues related to concussions.

**As a Staff/Volunteer of GRFC, I \_\_\_\_\_ agree to abide by this Concussion Code of Conduct to Protect Children for Gander Revolution Football Club.**

**Staff/volunteer's signature \_\_\_\_\_ Date \_\_\_\_\_**