



MOUNT PEARL SOCCER ASSOCIATION
44 Arena Road, Mount Pearl, NL A1N 0J6
Phone: (709) 364-9793, fax: (709) 368-4981
mpsasoccer@bellaliant.com www.mpsa.ca



Concussion Code of Conduct for Coaches, Managers & Team Trainers

The Mount Pearl Soccer Association's Concussion Code of Conduct for Coaches, Managers & Team Trainers has been created to ensure that the safety of the Club's players is a priority. All team officials are required to adhere to the Club's Concussion Code of Conduct at all time in accordance to MPSA policies and Rowan's Law.

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 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 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 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.
- 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 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 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.